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NUTRITION GUIDE

Met Rx 180 Nutrition Guide

Howard M. Shapiro



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The Complete Idiot's Guide to Total Nutrition, 4th Edition Joy Bauer, 2005-11-01 Good health starts with good nutrition. With all the constant debate over diet fads, proper nutrition is slipping through the cracks. This revised and updated guide places the emphasis on good health by informing families of everything they need to know to get the best nutrition from daily vitamin and mineral intake and facts about fats and cholesterol to advice on shopping for healthy foods and much more. Includes updates to the USDA's Food Guide Pyramid. New numbers for blood pressure and sodium intake. A section on helping overweight children. New fiber recommendations for kids. A new section on macrobiotics and raw diets. The NutriBase Guide to Protein, Carbohydrates & Fat NutriBase, 2001-11-12 Dieters everywhere are trying their best to reduce their carbohydrate consumption and increase their protein consumption at the same time in the hopes of losing a few inches around their waistline. Whether you are trying to keep to a diet or you have a more serious medical condition such as diabetes that limits your carb intake, here is the perfect guide to help you make informed decisions about healthy eating. The NutriBase Guide to Protein Carbohydrates Fat contains listings for 40,000 plus food products more than any other book on the market including brand name and generic items, specialty foods, fast foods, and chain restaurant meals. This handy reference tells you the amount of protein, carbohydrates, fat, grams, and total calories in each food item in short everything you need to help you compare foods and shop smartly. **HealthCheques**, 2004 The NutriBase Guide to Fat & Fiber in Your Food NutriBase, 2001 The NutriBase Nutrition Facts Desk Reference is an essential tool for monitoring the nutritional value of your diet. Recognized by health experts as the best source of information on food values, it is widely used by physicians, nutritionists, and health-conscious consumers alike. This completely revised and updated second edition has more than 40,000 entries for generic, brand name, prepared, and specialty foods including fast foods and restaurant meals. Alphabetical listings include the amount of calories, carbohydrates, sodium, protein, fiber, fat, saturated fats, cholesterol, and percentage of calories from fat in short everything needed to analyze diet and nutrition. Many nutritionists advise a reduction in fat and a simultaneous increase in fiber for optimal health. With more than 40,000 entries, this book helps readers identify the best foods for weight loss and disease prevention. **The NutriBase Nutrition Facts Desk Reference**, 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products. **The NutriBase Guide to Carbohydrates, Calories, and Fat** NutriBase, 2001-11-12 Dieters everywhere are reducing carbohydrate consumption and this book is the perfect tool to accompany any low-carb plan. Also useful for diabetics. **NutriBase Guide to Fat and Cholesterol** NutriBase, 2001 Including listings for saturated and unsaturated fats, calories, and cholesterol, this book is the perfect guide to help dieters make smart choices in food selection. **Dr. Shapiro's Picture Perfect Weight Loss Shopper's Guide** Howard M. Shapiro, 2001-05-04 Explains how to read and interpret food labels, how to stock a pantry, and how to make the best food selections in the grocery store in a guide that includes helpful charts, brand

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