

Quick Check Food Facts

Based on the
U.S. Department
of Agriculture's Nutrient
Database for Standard
Reference

with an introduction by
Carolyn E. Moore, Ph.D.,
Manager of Clinical Nutrition,
Methodist Hospital, Houston, TX,
and co-author of the best-selling
*Fast Forward for a Healthier
Future Cookbook*

Second Edition

Charts for all foods give you—

Total calories	_____ (cal)
Calories from fat	_____ (cal)
Protein	_____ (g)
Carbohydrates	_____ (g)
Sodium	_____ (mg)
Cholesterol	_____ (mg)
Fiber	_____ (g)

BARRON'S

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