

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,
Memorial Hospital, Houston, TX,
and co-author of the best-selling
*Fast Answer for a Healthy
Heart Cookbook*

Second Edition

Charts for all foods give you—

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

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