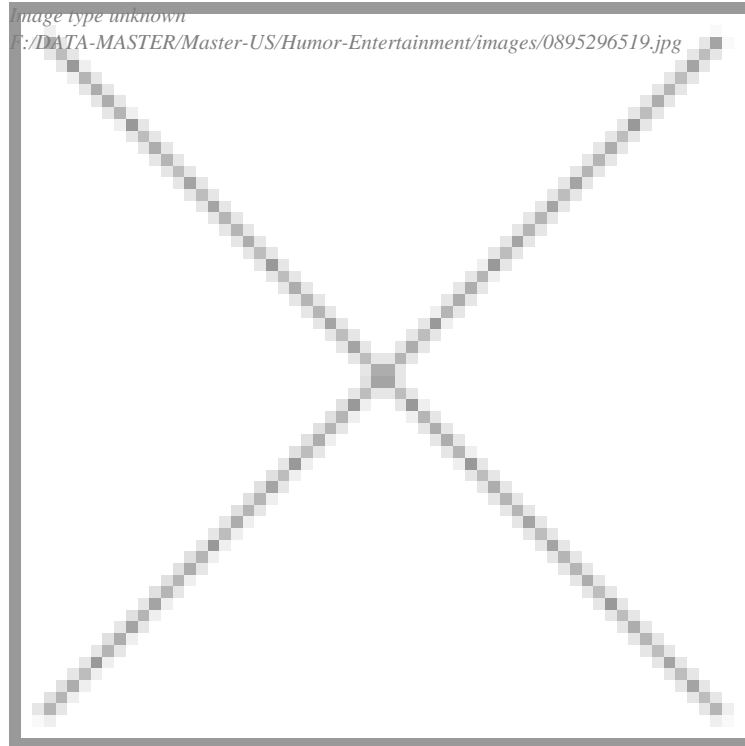


Sodium Calories Fat in Your Food

Art Ulene

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Art Ulene : Sodium Calories Fat in Your Food before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sodium Calories Fat in Your Food:

9 of 13 people found the following review helpful. False Advertising By Carrie Owen Although this book may contain over 30,000 foods, (not just 20,000 as the synopsis claims) it only contains sodium, calorie and fat statistics for them. I bought this book looking for the potassium values that the synopsis suggested it contains. It does not. My sole purpose for purchasing this book was falsely advertised in the synopsis and thus this book is absolutely useless to me. Thanks for nothing.

If you're like most people today, you're watching every bite you eat, and rightly so. Diets high in sodium have been directly linked to high blood pressure and a variety of other health problems. But keeping track of the sodium in your foods can be confusing. That's why this comprehensive guide was developed. "The NutriBase Guide to Sodium, Calories Fat" makes it easy for you to know just what's in your food. This up-to-date reference lists over 30,000 food items by name and brand. It provides you with the amount of sodium milligrams and fat grams in each item, as well as the total calorie count. This NutriBase Guide can help you compare foods quickly and shop smart. So whether you are concerned about sodium to control high blood pressure or for other reasons of health, this book is a great way to make

healthy eating easier.