



The NutriBase Guide to Fat and Cholesterol in Your Food

Art Ulene

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To help readers keep track of their fat and cholesterol intake, this compact, easy-to-use reference lists each item by name and brand, including fast foods and restaurant meals. Each of the 30,000 products covered is broken down by serving size, total calories, percentage of calories from fat, grams of fat, saturated fat content, and cholesterol content.

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