

## Quick Check Food Facts



Expanded and updated, this pocket-size book is a reliable guide to healthful eating for weight watchers, cholesterol watchers, and everybody else who wants to stay fit. Authoritative charts compiled by the U.S. Department of Agriculture list the nutrient values of every food type--vegetables, fruits, cereal grains, pasta, dairy and egg products, fats and oils, meats and fish, poultry, baked products, soups and sauces, beverages, snacks and sweets, and processed food combinations. The charts list: Total calories \* Calories from fat proteins \* Carbohydrates \* Sodium \* Cholesterol \* and Fiber. Here is a guide to good health that is easy to understand, filled with facts, and small enough to take along on travels and to restaurants.

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