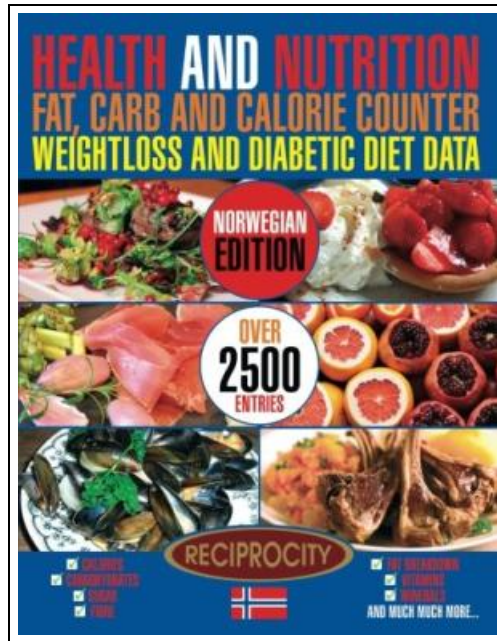


Health and Nutrition Fat, Carb and Calorie Counter Weightloss and Diabetic Diet Data: Norwegian Government Data on Calories, Carbohydrate, Sugar Counting, Protein, Fibre, Saturated, Mono Unsaturated, Poly Unsaturated, Omega 3 and Omega 6



Filesize: 2.94 MB

Reviews

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Felton Hessel)

HEALTH AND NUTRITION FAT, CARB AND CALORIE COUNTER WEIGHTLOSS AND DIABETIC DIET DATA: NORWEGIAN GOVERNMENT DATA ON CALORIES, CARBOHYDRATE, SUGAR COUNTING, PROTEIN, FIBRE, SATURATED, MONO UNSATURATED, POLY UNSATURATED, OMEGA 3 AND OMEGA 6

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With over 2,500 food entries.Many western governments have done large amounts of analysis of food composition. But the results of their work have not proven to be very accessible to the public.Some commercial websites have attempted reasonably successfully to make the food composition databases more accessible.But there was a lot of work to be done in rewording the food names in order to make the data usable and useful to the general public in book form. This reference book is based upon the Norwegian government food composition table from the Norwegian Food Safety Authority. But we reworded the food names to make them more directory friendly. So for example. Alcoholic Beverages, Wine, Red, French, Bordeaux - is out and. Bordeaux Red Wine - is in. Each listing contains. 10 essential vitamins: A, B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B6 (Pyridoxines), B9 (Folates), B12 (Cobalamin), C, D, E. The basic fat types: Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Omega3, Omega6. 10 essential minerals: Calcium, Iron, Sodium, Potassium, Magnesium, Zinc, Selenium, Copper, Phosphorus and Iodine. General listing: Percentage of food edibility, Water, Energy in kilojoules and kilocalories, Cholestrol, Carbohydrates, Starch, Sugar and Added Sugar, Fibre, Protein, Salt, Alcohol, Retinol and Beta-Carotene. So to have full Norwegian nutritional data at your fingertips clearly and simply presented have a look at Norwegian Health and Nutrition Counter.



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