



Quick Check Food Facts

R.D., McDonald, Linda M.S.

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Updated and augmented with additional nutritional data, 2010 U.S. Dietary Guidelines, and MyPlate tips, this book is a reliable pocket guide to healthful eating for weight watchers, cholesterol watchers, restaurant goers, and everybody who wants to maintain a healthy lifestyle. Charts released by the U.S. Department of Agriculture list the nutrient values of every food type under the following chart headings:

Calories • Total Fat • Saturated Fat • Cholesterol • Carbohydrates • Fiber • Sugar • Protein • Sodium

Food types listed include vegetables, fruits, cereal, grains, pasta, dairy and egg products, fats and oils, meats, fish, poultry, baked products, soups, sauces, beverages, snacks, sweets, and processed foods.

New in this edition are nutritional values for restaurant foods and useful tips for shopping for and preparing foods using the U.S.D.A. MyPlate program recommendations for Daily Goals and Portion Sizes. Additional features include daily nutritional suggested goals, and "Red Flag" warnings to inform shoppers of the pros and cons related to each food category.

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