



# The NutriBase Complete Book of Food Counts

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# The NutriBase Complete Book of Food Counts

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## **The NutriBase Complete Book of Food Counts** NutriBase

This comprehensive reference lists more than 40,000 food items, complete with nutritional content for calories, fat, cholesterol, protein, carbohydrates, sodium, and fiber. Serving-size information makes healthful food choices quick and easy.

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