



Sodium Calories & Fat in Your Food

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If you're like most people today, you're watching every bite you eat, and rightly so. Diets high in sodium have been directly linked to high blood pressure and a variety of other health problems. But keeping track of the sodium in your foods can be confusing. That's why this comprehensive guide was developed. "The NutriBase Guide to Sodium, Calories & Fat" makes it easy for you to know just what's in your food. This up-to-date reference lists over 30,000 food items by name and brand. It provides you with the amount of sodium milligrams and fat grams in each item, as well as the total calorie count. This NutriBase Guide can help you compare foods quickly and shop smart. So whether you are concerned about sodium to control high blood pressure or for other reasons of health, this book is a great way to make healthy eating easier.

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