



Quick Check Food Facts (Paperback)

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Barron s Educational Series Inc.,U.S., United States, 2016. Paperback. Book Condition: New. 4th. 183 x 127 mm. Language: English . Brand New Book. Updated and augmented with more detailed nutritional data, the latest U.S. Dietary Guidelines, and MyPlate tips, this pocket guide focuses on healthful eating and wise food shopping.U. S. Department of Agriculture charts list calories, total fat, saturated fat, cholesterol, carbohydrates, fiber, sugar, protein, and sodium Covers vegetables, fruits, cereal, grains, pasta, dairy, eggs, meats, fish, poultry, baked products, snacks, sweets, processed foods, and moreA handy take-along guide for restaurant diningShopping and food preparation tips use the U.S.D.A. MyPlate program recommendations Daily goals, shopping tips, and Red Flag warnings to inform shoppers of the pros and cons related to each food category.



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