

Download The Dictionary Of Sodium Fats And Cholesterol

The Dictionary of Sodium Fats and Cholesterol Author: Barbara Kraus Book Type: Paperback Foods are listed alphabetically by brand name or by the name of the food. This dictionary lists the total fat, saturated and unsaturated fatty acids, cholesterol, and sodium content of several thousand food items. The Dictionary of Sodium, Fats, and Cholesterol [Barbara Kraus] on Amazon.com. *FREE* shipping on qualifying offers. Analyzes the sodium, saturated and unsaturated fat, and cholesterol levels of ten thousand brand name and basic foods. The dictionary of sodium, fats, and cholesterol [Barbara Kraus] on Amazon.com. *FREE* shipping on qualifying offers. "This dictionary lists the total fat, saturated and unsaturated fatty acids, cholesterol, and sodium content of several thousands of food items." Alphabetical order by foods, and thereunder, by brands. Bibliography. Appendix: Water supplies (in largest cities of the United States).