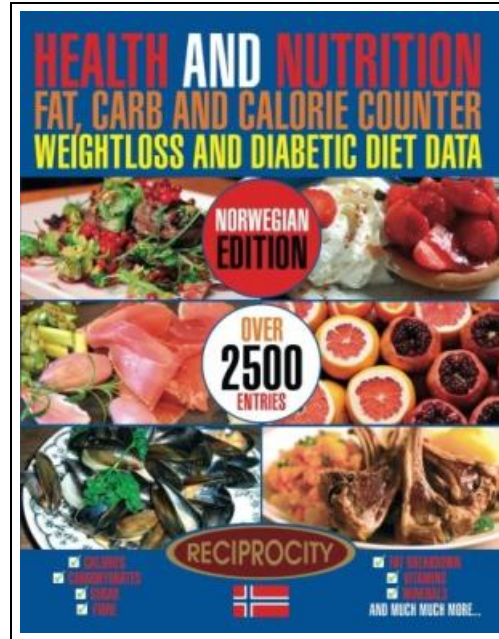


## Health and Nutrition Fat, Carb and Calorie Counter Weightloss and Diabetic Diet Data: Norwegian Government Data on Calories, Carbohydrate, Sugar Counting, Protein, Fibre, Saturated, Mono Unsaturated, Poly Unsaturated, Omega 3 and Omega 6



Filesize: 6.28 MB

### **Reviews**

*Comprehensive information! Its this sort of excellent read. I could possibly comprehended every little thing out of this published e pdf. You wont sense monotony at at any moment of your time (that's what catalogs are for about when you ask me).  
(Prof. Mauricio Howe III)*

## HEALTH AND NUTRITION FAT, CARB AND CALORIE COUNTER WEIGHTLOSS AND DIABETIC DIET DATA: NORWEGIAN GOVERNMENT DATA ON CALORIES, CARBOHYDRATE, SUGAR COUNTING, PROTEIN, FIBRE, SATURATED, MONO UNSATURATED, POLY UNSATURATED, OMEGA 3 AND OMEGA 6

DOWNLOAD



To get **Health and Nutrition Fat, Carb and Calorie Counter Weightloss and Diabetic Diet Data: Norwegian Government Data on Calories, Carbohydrate, Sugar Counting, Protein, Fibre, Saturated, Mono Unsaturated, Poly Unsaturated, Omega 3 and Omega 6** PDF, make sure you click the hyperlink under and download the ebook or have access to other information that are in conjunction with **HEALTH AND NUTRITION FAT, CARB AND CALORIE COUNTER WEIGHTLOSS AND DIABETIC DIET DATA: NORWEGIAN GOVERNMENT DATA ON CALORIES, CARBOHYDRATE, SUGAR COUNTING, PROTEIN, FIBRE, SATURATED, MONO UNSATURATED, POLY UNSATURATED, OMEGA 3 AND OMEGA 6** book.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With over 2,500 food entries.Many western governments have done large amounts of analysis of food composition. But the results of their work have not proven to be very accessible to the public.Some commercial websites have attempted reasonably successfully to make the food composition databases more accessible.But there was a lot of work to be done in rewording the food names in order to make the data usable and useful to the general public in book form. This reference book is based upon the Norwegian government food composition table from the Norwegian Food Safety Authority. But we reworded the food names to make them more directory friendly. So for example. Alcoholic Beverages, Wine, Red, French, Bordeaux - is out and. Bordeaux Red Wine - is in. Each listing contains. 10 essential vitamins: A, B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B6 (Pyridoxines), B9 (Folates), B12 (Cobalamin), C, D, E. The basic fat types: Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Omega3, Omega6. 10 essential minerals: Calcium, Iron, Sodium, Potassium, Magnesium, Zinc, Selenium, Copper, Phosphorus and Iodine. General listing: Percentage of food edibility, Water, Energy in kilojoules and kilocalories, Cholestrol, Carbohydrates, Starch, Sugar and Added Sugar, Fibre, Protein, Salt, Alcohol, Retinol and Beta-Carotene. So to have full Norwegian nutritional data at your fingertips clearly and simply presented have a look at Norwegian Health and Nutrition Counter.



[Read Health and Nutrition Fat, Carb and Calorie Counter Weightloss and Diabetic Diet Data: Norwegian Government Data on Calories, Carbohydrate, Sugar Counting, Protein, Fibre, Saturated, Mono Unsaturated, Poly Unsaturated, Omega 3 and Omega 6 Online](#)



[Download PDF Health and Nutrition Fat, Carb and Calorie Counter Weightloss and Diabetic Diet Data: Norwegian Government Data on Calories, Carbohydrate, Sugar Counting, Protein, Fibre, Saturated, Mono Unsaturated, Poly Unsaturated, Omega 3 and Omega 6](#)

## See Also



**[PDF] The Joy of Twins and Other Multiple Births : Having, Raising, and Loving Babies Who Arrive in Groups**

Click the web link under to download and read "The Joy of Twins and Other Multiple Births : Having, Raising, and Loving Babies Who Arrive in Groups" PDF file.

[Read Document »](#)



**[PDF] Sounds in the House - Sonidos En La Casa: A Mystery (in English and Spanish)**

Click the web link under to download and read "Sounds in the House - Sonidos En La Casa: A Mystery (in English and Spanish)" PDF file.

[Read Document »](#)



**[PDF] What is in My Net? (Pink B) NF**

Click the web link under to download and read "What is in My Net? (Pink B) NF" PDF file.

[Read Document »](#)



**[PDF] Read Write Inc. Phonics: Pink Set 3 Non-Fiction 4 Light and Shadow**

Click the web link under to download and read "Read Write Inc. Phonics: Pink Set 3 Non-Fiction 4 Light and Shadow" PDF file.

[Read Document »](#)



**[PDF] Oxford Reading Tree: Stage 6: Songbirds: Clare and the Fair**

Click the web link under to download and read "Oxford Reading Tree: Stage 6: Songbirds: Clare and the Fair" PDF file.

[Read Document »](#)



**[PDF] Read Write Inc. Phonics: Pink Set 3 Storybook 6 Sanjay Stays in Bed**

Click the web link under to download and read "Read Write Inc. Phonics: Pink Set 3 Storybook 6 Sanjay Stays in Bed" PDF file.

[Read Document »](#)