



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

By MR Marco Black, MS Susan Fotherington

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. With over 2,800 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 UK government composition of foods integrated data set (CoFID McChance and Widdowson March 25th 2015). 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), B12 (Cobalamin), C, D, E, and K1. The basic fat types: Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Omega3 and Omega6. 11 essential minerals: Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Sodium, Zinc...



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A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in a remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

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Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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