

Add Ingredients

🔍 Add Another Food

⚙️ Settings

- Coffee Latte

1 x 1 medium (480g)

🗑️
- Multi-Grain Toast

1 x 1 slice regular (24g)

🗑️
- Avocados

1 x 1 avocado, rrs as to florida or califon

🗑️

Clear Recipe

⭐ Save Recipe

Number of Servings: 1

📊 Totals

📊 Comparison

📊 Amino Acids

Nutrition Facts

Serving Size
Whole Recipe (705g)

Calories 597

	% Daily Value *
Total Fat 38.6g	50%
Saturated Fat 9.6g	48%
Trans Fat 0g	
Cholesterol 33.6mg	11%
Sodium 310.2mg	13%
Total Carbohydrate 48.9g	18%
Dietary Fiber 15.4g	55%
Total Sugars 23.2g	46%
Includes — g Added Sugars	— %
Protein 20.8g	42%
Vitamin C 21.1mg	23%
Vitamin D 4.8mcg	24%
Iron 2mg	11%
Calcium 530.8mg	41%
Potassium 1687.7mg	36%
Phosphorus 538.2mg	43%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Database With Nutritional Information

Jessica J Manson



Recipe Database With Nutritional Information:

Food and Nutrition Information Center Microcomputer Software Collection Natalie Updegrove Partridge,1992

Handbook of Nutrition and Food Carolyn D. Berdanier, Johanna T. Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original *Nutritional Assessment of Athletes* Judy A. Driskell, Ira Wolinsky, 2002-04-29 Evaluating dietary intake determining energy metabolism and conducting other nutritional assessments are essential in understanding the relationships between diet exercise health and physical performance especially in athletes The first comprehensive source on the subject Nutritional Assessment of Athletes thoroughly examines these methods , Examining Food and Nutrition Jenny Ridgwell, 1996 This text has been written to meet the requirements of the revised GCSE Home Economics Food and Nutrition syllabuses and introduces students to details of legislation concerning food and nutrition

Nutrition Advisor Diploma - City of London College of Economics - 12 months - 100% online / self-paced City of London College of Economics, Overview Whatever you wanted to know about nutrition in this diploma course you will find it And upon completion you can advise people as nutrition advisor Content What Is a Healthful Diet Ten Well Okay Twelve Superstar Foods Ten Easy Ways to Cut Calories Better Eating through Chemistry Carbohydrates A Complex Story Powerful Protein The Lowdown on Fat and Cholesterol Food and Mood Mighty Minerals Vigorous Vitamins Alcohol Another Form of Grape and Grain Ten Nutrition Web Sites etc Duration 12 months Assessment The assessment will take place on the basis of one assignment at the end of the course Tell us when you feel ready to take the exam and we ll send you the assignment questions Study material The study material will be provided in separate files by email download link **The Moosewood Restaurant Cooking for Health** Moosewood

Collective, 2009-11-03 Motivated by the simple principle that eating more vegetables fruits and whole grains keeps people healthier longer the Moosewood Collective presents this all new collection of more than 200 recipes that make whole foods wholly delicious Moosewood Restaurant s cookbooks have long been an essential resource for creative recipes for home cooks recipes that make mindful eating an unqualified pleasure In this latest book the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition From soups to desserts the dishes in this book are distinctive adventurous and globally inspired Including plenty of vegan gluten free and raw food options the book has something to please every taste Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right appetizers such as Chickpea Cr pes and Pineapple Salsa with Blueberries are festive for a casual gathering and Southwestern Black Bean Burgers are a great choice for a cookout Tofu Leek and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion Desserts like Figs Baked with Ch vre and

Pistachios Chocolate Bark and Sweet Potato Pie with Pecan Oat Crust are naturally sweet and packed with nutrients Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions The Collective discusses everything from eating locally to the Glycemic Index and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant Eating well feels good Moosewood Restaurant Cooking for Health is all about cooking for pleasure and cooking for health You can do both *Nielsen's Food Analysis* B. Pam Ismail,S. Suzanne Nielsen,2024-06-24 This sixth edition provides information on techniques needed to analyze foods for chemical and physical properties The book is ideal for undergraduate courses in food analysis and it is also an invaluable reference for professionals in the food industry General information chapters on regulations labeling sampling and data handling provide background information for chapters on specific methods to determine chemical composition and characteristics physical properties and constituents of concern Methods of analysis cover information on the basic principles advantages limitations and applications The information on food analysis applications has been expanded in a number of chapters that cover basic analytical techniques Instructors who adopt the textbook can contact B Ismail for access to a website with related teaching materials

Code of Federal Regulations (CFR) - TITLE 21 - Food and Drugs (1 April 2017) Office of the Federal Register (U.S.),

Knowledge Science, Engineering and Management Hui Xiong,W.B. Lee,2012-02-24 This book constitutes the proceedings of the 5th International Conference on Knowledge Science Engineering and Management KSEM 2011 held in Irvine CA USA in December 2011 The 34 revised full papers presented together with 7 short papers were carefully reviewed and selected from numerous submissions Microcomputer Software Collection Food and Nutrition Information Center (U.S.),1992

Programming Excel with VBA Flavio Morgado,2016-11-09 Learn to harness the power of Visual Basic for Applications VBA in Microsoft Excel to develop interesting useful and interactive Excel applications This book will show you how to manipulate Excel with code allowing you to unlock extra features accuracy and efficiency in working with your data Programming Excel 2016 with VBA is a complete guide to Excel application development using step by step guidance example applications and screenshots in Excel 2016 In this book you will learn How to interact with key Excel objects such as the application object workbook object and range object Methods for working with ranges in detail using code Usage of Excel as a database repository How to exchange data between Excel applications How to use the Windows API to expand the capabilities of Excel A step by step method for producing your own custom Excel ribbon Who This Book Is For Developers and intermediate to advanced Excel users who want to dive deeper into the capabilities of Excel 2016 using code **Quick and Easy 400-Calorie Recipes** Dick Logue,2024-05-21 Lose weight without spending hours in the kitchen with this collection of super simple recipes of 400 calories or less *The New 500 Low-Carb Recipes* Dana Carpender,2019-01-08 Since its publication over 15 years ago 500 Low Carb Recipes has become a classic in the low carb community earning author Dana Carpender the affectionate moniker low carb queen from her fans The book is now a bestseller with over half a

million copies sold Low carb cooking has evolved A decade ago low carb menus relied on ingredients like artificial sweeteners unhealthy vegetable oils protein additives and processed foods from grocery store shelves like low carb branded snack bars and packaged meals Today s low carb cooking is influenced by larger food movements such as clean eating farm to table ingredients higher fat ratios thanks to the popularity of ketogenic diets and less stigmatization of foods that have substantial inclusion in a low carb diet namely animal foods and saturated fat due to the growth of the Paleo and traditional foods movements The New 500 Low Carb Recipes is the beloved cookbook updated for today s low carb movement

Federal Register ,2008-04 Pervasive Computing Technologies for Healthcare Haridimos Kondylakis,Andreas Triantafyllidis,2025-04-22 The two volume set LNICST 611 and LNICST 612 constitutes the refereed proceedings of the 18th EAI International Conference on Pervasive Computing Technologies for Healthcare PervasiveHealth 2024 held in Heraklion Crete Greece during September 17 18 2024 The 45 full papers included in these proceedings were carefully reviewed and selected from 120 submissions They were split in topical sections as follows Part I Patient Empowerment Artificial Intelligence Medical Imaging Education Part II Education mHealth and Telemonitoring 3rd IOT HR Workshop on Internet of Things in Health Research Posters *Nutrition in the Prevention and Treatment of Disease* Ann M. Coulston,Carol J. Boushey,2008-05-12 *Nutrition in the Prevention and Treatment of Disease* Second Edition focuses on the clinical applications and disease prevention of nutrition This revised edition offers 18 completely new chapters and 50% overall material updated Foundation chapters on nutrition research methodology and application clearly link the contributions of basic science to applied nutrition research and in turn to research based patient care guidelines Readers will learn to integrate basic principles and concepts across disciplines and areas of research and practice as well as how to apply this knowledge in new creative ways Chapters on specific nutrients and health cover topics where data are just beginning to be identified such as choline antioxidants nutrition and cognition and eye disease Established areas of chronic disease obesity diabetes cardiovascular disease gastrointestinal disease and bone health are presented each in their own sections which aim to demonstrate the inter action of basic science genetics applied nutrition research and research based patient care guidelines Given its unique focus and extensive coverage of clinical applications and disease prevention this edition is organized for easy integration into advanced upper division or graduate nutrition curriculums Busy researchers and clinicians can use this book as a referresher course and should feel confident in making patient care recommendations based on solid current research findings 18 completely new chapters and 50% overall new material Unique focus and extensive coverage of clinical applications and disease prevention Clearly links the contributions of basic science to applied nutrition research and in turn to research based patient care guidelines Assimilates a large body of research and applications and serves as a refresher course for busy researchers and clinicians **Managing Child Nutrition Programs** Josephine Martin,Martha Conklin,1999 *Health Sciences Nutrition* *GCSE Food Technology for OCR* Jenny Ridgwell,Alison Winson,2001 This book

contains questions and activities to develop pupil s skills as well as summarized key points and a section on coursework

Principles of Nutritional Assessment Rosalind S. Gibson,2005 With over 200 newly drafted figures many new tables drawn from the wealth of data published over the last 15 years this new edition has been thoroughly revised

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