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Understanding Nutrition And Diet Analysis

Prior to software being available, nutritional analysis was only available by sending food to a laboratory to ascertain the nutritional analysis of the food. Typically, one single dish sent to a laboratory would cost up to \$800 making nutritional analysis by this method, only viable for chain restaurants and larger manufacturers.

Understanding Nutrition Analysis: What Is It?

Dietary fiber, vitamin D, calcium, iron ad potassium are nutrients on the label that Americans generally do not get the recommended amount of. They are identified as nutrients to get more of....

How to Understand and Use the Nutrition Facts Label | FDA

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