



# Handbook of the Nutritional Value of Foods in Common Units

*U.S. Dept. of Agriculture*

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# Handbook of the Nutritional Value of Foods in Common Units

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**Handbook of the Nutritional Value of Foods in Common Units** U.S. Dept. of Agriculture

Largest, most comprehensive guide on the nutrients in commonly used household measures and market units of about 1500 foods. 2 mammoth tables give values for water, food energy, protein, fat, carbohydrates, mineral elements, vitamins, saturated, and unsaturated fatty acids. Supplementary data. 9 tables.

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