



<http://nutritiondata.self.com/>

enter food name in

Greetings,

I have recently found this website with a tremendous variety of nutritional information - seems like something for everyone.

No matter what ails you, it is a good thing to know what affect your food choices have on your body. At the top of the page “enter food name” and “search” for nutritional data.

Let’s say you are concerned with the **inflammation factor** of foods to ease your arthritis. When meal planning, list and “search” the foods and then do the math.

Relating to the inflammation factor (IF):

- Potato, baked, flesh and skin, without salt - 179 IF
 - Spinach, cooked, boiled, drained, without salt +466 IF
- Total = +287 IF

(NOTE: Any - Minus number would be Inflammatory, any + Plus number would be anti-inflammatory.) **Gluten free** foods are anti-inflammatory also.

• On the front page of the website, check out your personal “**Daily Needs Calculator**”.

• Under “Topics” - **Nutritional Effects of Food Processing** - great chart for whether you freeze, dry, cook or reheat.

<http://nutritiondata.self.com/topics/processing>

• **Nutrient Search** - Find foods with highest or lowest concentrations of specific nutrients. For example, generate a list of high omega-3 fat foods, or identify foods from a particular category that are high in protein and low in fat. <http://nutritiondata.self.com/tools/nutrient-search>

Wishing you a Healthy New Year!

FEATURED FOOD FACT

You can learn a lot from a label

On Nutrition Data, you'll find detailed nutrition information, plus unique analysis tools that tell you more about how foods affect your health and make it easier to choose healthy foods.

Chestnuts
Chestnuts are low in fat and are a complete source of protein.

Nutrition Facts
Serving Size 1 ounce (28g)

Amount Per Serving
Calories 103 Calories from Fat 9

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber	0%
Sugars	
Protein 1g	
Vitamin A 0%	Vitamin C 7%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Caloric Ratio

50% Carbs 9% Fats 5% Protein

Estimated Glycemic Load
16
Typical target total is 100/day or less

Inflammation Factor
-112
moderately inflammatory
Typical target net is 50/day or higher

Inflammation Factor
Find out which foods fight inflammation and which foods make it worse.
[Learn More](#)

Inflammation Factor
-96
mildly inflammatory

Typical Maximum Nutrient Losses (as compared to raw food)					
Nutrients	Freeze	Dry	Cook	Cook+Drain	Reheat
Vitamins					
Vitamin A	5%	50%	25%	35%	10%
Retinol Activity Equivalent	5%	50%	25%	35%	10%
Alpha Carotene	5%	50%	25%	35%	10%
Beta Carotene	5%	50%	25%	35%	10%
Beta Cryptoxanthin	5%	50%	25%	35%	10%
Lycopene	5%	50%	25%	35%	10%
Lutein+Zeaxanthin	5%	50%	25%	35%	10%
Vitamin C	30%	80%	50%	75%	50%
Thiamin	5%	30%	55%	70%	40%
Riboflavin	0%	10%	25%	45%	5%
Niacin	0%	10%	40%	55%	5%
Vitamin B6	0%	10%	50%	65%	45%
Folate	5%	50%	70%	75%	30%
Food Folate	5%	50%	70%	75%	30%
Folic Acid	5%	50%	70%	75%	30%
Vitamin B12	0%	0%	45%	50%	45%
Minerals					
Calcium	5%	0%	20%	25%	0%
Iron	0%	0%	35%	40%	0%
Magnesium	0%	0%	25%	40%	0%
Phosphorus	0%	0%	25%	35%	0%
Potassium	10%	0%	30%	70%	0%
Sodium	0%	0%	25%	55%	0%
Zinc	0%	0%	25%	25%	0%
Copper	10%	0%	40%	45%	0%