
Banana Grams Game

purine table and information - markham mchenry - purine table and information page 3! foods (alphabetically) total purines in mg uric acid/100 g (average) min max nutr. density in mg/mj fish, tuna in oil 290 **the exchange list system for diabetic meal planning - fshed-86** - starch list each item on this list contains approximately 15 grams of carbohydrate, 3 grams of protein, a trace of fat and 80 calories. whole grain products average **the diabetic exchange list (exchange diet)** - the diabetic exchange list (exchange diet) the exchange lists are the basis of a meal planning system designed by a committee of the american **calorie count food list - hb health** - calorie count food list hb-health starches and grains: 80 calories per serving serving size cereals, grains and pasta • cereal, cooked (oatmeal, cream of wheat, rice, etc) ½ cup **basic renal guidelines - fairfield memorial hospital** - revie basic renal diet general rules this diet is designed to limit the build up of harmful substances in your blood in between dialysis treatments. **sample 11+ assessment test — maths** - 3 carry on to the next question sample test — cgp 11+ maths (gl) for help with 11+ maths, visit cgpbooks/11plus © cgp 2018 18. **diabetes food guide pyramid nutrition series** - the diabetes food guide pyramid is a tool that shows how much you should eat each day from each food group for a healthy diet. the diabetes food guide pyramid differs from the old usda food **diabetic lifestyle guidelines and diet tips** - a tennis ball, low fat milk 1 cup, plain yogurt ¾ cup, plain eggs 1 small, fish 1oz, poultry 1oz, meats, read meat or pork 1 oz, cheese 1 oz **optavia healthy exchange sheet - optaviamedia** - healthy exchanges we know not everyone has the same taste buds, so we've created a healthy exchange resource to help you choose the foods you like and work them into your program.

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