

Nutrition Facts

Serving Size 1 - 1.5 oz cup (43g)

Servings Per Container 8

Amount Per Serving

Calories 250 Calories from Fat 180

% Daily Value*

Total Fat 22g **33%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Vitamin E 20% • Riboflavin 4%

Niacin 25%


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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: MADE FROM ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

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1-800-283-8915

Jif Peanut Butter Nutritional Guide

Barbara Kraus



Jif Peanut Butter Nutritional Guide:

Dr. Shapiro's Picture Perfect Weight Loss Shopper's Guide Howard M. Shapiro, 2001-05-04 Explains how to read and interpret food labels how to stock a pantry and how to make the best food selections in the grocery store in a guide that includes helpful charts brand name recommendations and informative sidebars **Eat This, Not That! Supermarket Survival Guide** David Zinczenko, Matt Goulding, 2014-11-11 Revised expanded and updated with all new nutrition facts and information Eat This Not That Supermarket Survival Guide is the ultimate authority on packaged foods produce and dairy and meat products when it's time to go shopping for your family With more than 50 000 food products in the average supermarket it's no wonder shoppers feel confused and overwhelmed How do they know what to buy to eat healthier and avoid packing on pounds And as food prices skyrocket how do consumers know they're getting the best deals Eat This Not That Supermarket Survival Guide will steer buyers away from nutritional danger zones and protect them with the power of knowledge On every page readers will find easy to follow tips and nutrition facts that help them make the best choices for cutting calories shedding pounds and even saving money Based on extensive research and market reporting Eat This Not That Supermarket Survival Guide finally puts the shopper in control of his or her family's diet and health *A Field Guide to Buying Organic* Luddene Perry, Dan Schultz, 2008-11-12 The definitive guide to healthful affordable food shopping in the Organic Age from a pioneer in the organic movement What does it really mean when a food is labeled organic While many of us believe there are good reasons to buy organic what exactly are they The authors of this indispensable handbook sift fact from fiction to help you make informed decisions that are right for you Here is everything you need to know including when paying more for organic is worth it and when it's not *A Field Guide to Buying Organic* provides you with Self tests to determine your current organic shopping habits and the type of organic shopper you want to become A primer on organic food standards labels and seals Health and quality comparisons of organically grown versus conventionally grown produce An aisle by aisle supermarket guide to information about the most popular organic produce dairy meat and poultry baked goods nuts seeds grains convenience foods and drinks The truth about pesticides hormones genetically modified foods GMOs toxins and bacteria Plus illustrations featuring product logos and contact information and a fascinating overview of the evolution of organics **The 4 x 4 Diet** Erin Oprea, 2018-12-04 Discover the 4 key foods and the 4 minute workouts that will change the way you look and feel in just 4 weeks Celebrity trainer and former marine Erin Oprea's motto is lean and clean Her unique 4 x 4 diet shows you how to get clean by reducing the 4 major hitches in most diets sugar starch sodium and alcohol She also tells you how to get lean using her 4 minute tabata workouts 8 repetitions of 20 seconds of high intensity moves then 10 seconds of rest Within 4 weeks the average person will be able to reduce bloating and belly fat gain increased muscle definition in the arms legs and stomach improve cardiovascular endurance and break sugar and sodium addictions Complete with meal plans and recipes The 4 x 4 Diet is perfect for anyone looking to streamline their body and lifestyle

The NutriBase Guide to Carbohydrates, Calories, and Fat NutriBase,2001-11-12 Dieters everywhere are reducing carbohydrate consumption and this book is the perfect tool to accompany any low carb plan Also useful for diabetics **The NutriBase Nutrition Facts Desk Reference** ,2001 From abalone to zucchini this easy to use reference provides information that helps monitor the nutritional intake of thousands of food products **The Sugar Smart Diet** Anne Alexander,Julia VanTine,2014-12-23 Sugar is the most controversial subject in the American diet debates today alternately viewed as public health enemy No 1 and an innocent indulgence A New York Times bestseller The Sugar Smart Diet reveals the suite of hidden sugars in food that have skyrocketed the nation s annual sugar intake to more than 130 pounds per person sugar is not hiding where most people think identifies which popular sugar increases the body s ability to store fat and explains how excess sugar leads to diabetes heart disease and more The Sugar Smart Diet s 32 day plan uniquely addresses the emotional and physiological effects of sugar empowering readers to take charge of sugar rather than letting sugar take charge of them Once rare in the human diet sugar is now ubiquitous and often hidden in unexpected places Simply becoming aware of sugar can help you cut your intake which is one of the smartest moves you can make to achieve optimal wellness This informative guide tells you how to do that Dr Andrew Weil Joey Green's Magic Health Remedies Joey Green,2013-07-09 Home remedies remain an appealing alternative to costly doctor visits they re effective inexpensive and ideal for everyday illnesses and injuries that don t require hands on medical care When brand name product guru Joey Green tackles a subject like home remedies readers can be found reaching into their closets cupboards and pantries for their favorite products to cure what ails them From relieving a migraine with Dole Pineapple Chunks treating stinky feet with Clearasil and soothing an insect bite with Colgate Toothpaste Joey Green s Magic Health Remedies is packed with reliable user friendly cures for everything from acne and calluses to morning sickness and toothaches 121 conditions in all Joey divulges that many products have special never before revealed qualities not found on the label and with a little ingenuity can be used to treat minor health issues and conditions There s compelling evidence for experimenting with off label uses like when hay fever strikes a little McCormick Ground Turmeric in a glass of water brings relief in 15 minutes the bioflavonoids in the spice are antioxidants that suppress histamine production Who knew Well Joey knows and now he s bringing fast relief and lots of fun to health care at home *Krause and Mahan's Food and the Nutrition Care Process E-Book* Janice L Raymond,Kelly Morrow,2020-05-03 NEW Food Nutrient Delivery Planning the Diet with Cultural Competency chapter provides international nutrition guidelines and resources to assist you with multicultural meal planning NEW Clinical Nutritional Genomics chapter features an author from the NIH s Human Genome Project and introduces you to the latest research about CRISPR and epigenetics NEW MNT for Neurologic Disorders chapter features two new authors including a speech therapist and displays IDDSI guidelines and an appendix for dysphagia diets to help you carefully and consistently address the nutritional needs of these patients NEW Clinical Water Electrolytes and Acid Base Balance and

Clinical Biochemical Physical and Functional Assessment chapters are updated with the most relevant and evidence based complementary and integrative approaches to expand your expertise in these clinical nutritional areas NEW MNT for Adverse Reactions to Food Food Allergies and Intolerance chapter features completely revised guidelines and a new pathophysiology algorithm to ensure you are confident in your knowledge of how to prevent emergencies and what to do when emergencies do happen NEW Coverage of intermittent fasting health at every size and health disparities focuses on the latest nutrition trends to ensure you are well versed in these topics NEW The Mediterranean Diet Choline and Biotin appendices display at a glance information to help you find quickly supplemental information NEW Directions boxes and Focus On boxes as well as useful websites resources and key terms at the end of each chapter help you find information quickly and easily

Krause's Food & the Nutrition Care Process - E-Book L. Kathleen Mahan, 2016-05-17 A trusted classic for over 50 years Krause's Food and the Nutrition Care Process 14th Edition presents the most cutting edge and up to date dietetics content available in this ever changing field Nicknamed the nutrition bible students and practitioners alike turn to its current comprehensive content engaging pedagogy and design and logical presentation of information This new edition includes the 2015 Dietary Guidelines for Americans more visuals and highlighted Clinical Case Studies Clinical Insights and Clinical Applications boxes that help translate scientific knowledge into practical patient care Written by nearly 50 nationally recognized writers researchers and practitioners it covers nutrition assessment and intervention the nutritional needs of individuals in different stages of the life cycle nutrition for health and fitness and medical nutrition therapy Authored by clinical specialists ensuring in depth coverage with many practical and evidence based recommendations Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms before concluding with a sample nutrition diagnosis providing both students and practitioners with real life scenarios they may encounter in practice UNIQUE Pathophysiology algorithms present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you provide optimal nutritional care Chapters on nutrition in each of the life cycle phases include Nutrition in Pregnancy and Lactation Nutrition in Infancy Nutrition in Childhood Nutrition in Adolescence Nutrition in the Adult Years Nutrition in Aging Focus On boxes provide thought provoking information on key concepts for well rounded study and further discussion within the classroom New Directions boxes point you toward additional research on emerging areas in nutrition therapy Clinical Insight boxes expand on clinical information highlight areas that may go unnoticed and contain clinical resources for students and practitioners Chapters on the nutritional care of the low birth weight and premature infant feature information on how to support their health growth and development Useful websites direct you to online resources that relate to chapter topics Key terms are defined at the beginning of each chapter and bolded within the text where they are discussed in more detail

Integrative and Functional Medical Nutrition Therapy Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and

principles of Integrative and Functional Medical Nutrition Therapy IFMNT in the practice of medicine and the key role nutrition plays in restoring and maintaining wellness The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall including poor nutrition genomics environmental toxicant exposures fractured human interactions limited physical movement stress sleep deprivation and other lifestyle factors Ultimately this textbook serves to help practitioners healthcare systems and policy makers better understand this different and novel approach to complex chronic disorders It provides the reader with real world examples of applications of the underlying principles and practices of integrative functional nutrition therapies and presents the most up to date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies take home messages patient and practitioner handouts algorithms and suggested readings Integrative and Functional Medical Nutrition Therapy Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition lifestyle assessment and intervention for each unique individual patient

Sugar Smart Express Anne Alexander, Julia VanTine, 2015-05-05 Sugar is everywhere Once confined to candy desserts and the sugar bowl it has made its way into our peanut butter bread tomato sauce and salad dressing The average American eats nearly 130 pounds of added sugar a year and 75 percent of 86 000 foods analyzed in one study contained added sweeteners This information is now at the forefront of media public policy and water cooler conversation and Americans are wising up to what a sugar laden diet means for their health added pounds that won't budge heightened risk of Alzheimer's diabetes and heart disease moodiness fatigue and cravings that seem to rule their daily lives Based on the New York Times bestseller *The Sugar Smart Diet* *Sugar Smart Express* is a revamped plan to give you what you've been asking for an easy to follow plan that offers great results in less time with even more tools for success New content includes a new 21 day plan to sweet freedom that scales back each phase without sacrificing results shopping lists and a more comprehensive dining out guide to make eating on the plan a breeze healthy delicious recipes the whole family even veggie averse kids will gobble up updated success stories and *Sugar Smart Hacks* from *The Sugar Smart Diet* test panel

Krause's Food & the Nutrition Care Process, Iranian edition E-Book L. Kathleen Mahan, Janice L Raymond, 2016-11-03

Krause's Food the Nutrition Care Process Iranian edition **The World Almanac and Book of Facts 2025** Sarah Janssen, 2024-12-10 1 New York Times Bestseller Get thousands of facts at your fingertips with this essential resource sports pop culture science and technology U S history and government world geography business and so much more The World Almanac is America's bestselling reference book of all time with more than 83 million copies sold For more than 150 years this compendium of information has been the authoritative source for school library business and home The 2025 edition of The World Almanac reviews the biggest events of 2024 and will be your go to source for questions on any topic in the

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Barbara Kraus 1987 Calorie Guide to Brand Names and Basic Foods Barbara Kraus,1987 Here is the bestselling most up to date and accurate calorie counter available a feast of information for those who love to eat but want to know the calorie count for their meals At a glance readers can locate their favorite foods and drinks including basic and ready to eat foods

Nancy Clark's Sports Nutrition Guidebook Nancy Clark,2020 Resource added for the Wellness and Health Promotion program 105461

Sugar Has 56 Names Robert H. Lustig,2013-09-03 In the newest edition of The Dietary Guidelines for Americans the U S government has for the very first time limited the amount of sugar that it is safe for us to consume Yet sugar hides behind many names on ingredient lists making it sometimes impossible to discover Although evaporated cane juice might be easy enough to puzzle out what about diastatic malt or panocha In Sugar Has 56 Names Robert H Lustig MD bestselling author of Fat Chance and The Fat Chance Cookbook provides a list of ingredient names that food manufacturers use to disguise sugar content as well as a rundown of common grocery store items and their total sugar content Concise and direct Sugar Has 56 Names is an essential tool for smart shopping

The World Almanac and Book of Facts 2018 Sarah Janssen,2017-12-05 The 150th Anniversary special edition of the best selling reference book of all time The ebook format allows curious readers to keep millions of searchable facts at their fingertips The World Almanac and Book of Facts is America s top selling reference book of all time with more than 82 million copies sold Since 1868 this compendium of information has been the authoritative source for all your entertainment reference and learning needs The 150th anniversary edition celebrates its illustrious history while keeping an eye on the future Praised as a treasure trove of political economic scientific and educational statistics and information by The Wall Street Journal The World Almanac and Book of Facts will answer all of your trivia needs from history and sports to geography pop culture and much more Features include 150 Years of The World Almanac A special feature celebrating The World Almanac s historic run includes highlights from its distinguished past and some old fashioned facts illustrating how its defining mission has changed with the times Historical Anniversaries The World Almanac s recurring feature expands to incorporate milestone events and cultural touchstones dating to the book s founding year from the impeachment of President Andrew Johnson to the publication of Little Women World Almanac Editors Picks Greatest Single Season Performances In light of Russell Westbrook s unprecedented 42 regular season triple doubles The World Almanac takes a look back at athletes best single season runs Statistical Spotlight A popular new feature highlights statistics relevant to the biggest stories of the year These data visualizations provide important

context and new perspectives to give readers a fresh angle on important issues The Obama Presidency A year after Barack Obama's second term came to a close The World Almanac reviews the accomplishments missteps and legacy of the 44th president The World at a Glance This annual feature of The World Almanac provides a quick look at the surprising stats and curious facts that define the changing world Other New Highlights A biography of the 45th president and profile of the Trump administration 2016 election results and statistics on crime health care overdose deaths shootings terrorism and much more The Year in Review The World Almanac takes a look back at 2017 while providing all the information you'll need in 2018 2017 Top 10 News Topics The editors of The World Almanac list the top stories that held the world's attention in 2017 2017 Year in Sports Hundreds of pages of trivia and statistics that are essential for any sports fan featuring a preview of the 2018 Winter Olympic Games complete coverage of the 2017 World Series new tables of NBA NHL and NCAA statistics and much more 2017 Year in Pictures Striking full color images from around the world in 2017 2017 Offbeat News Stories The World Almanac editors found some of the quirkiest news stories of the year from the king who secretly worked as an airline pilot for decades to the state that's auctioning off its governor's mansion World Almanac Editors Picks Time Capsule The World Almanac lists the items that most came to symbolize the year 2017 from news and sports to pop culture

The World Almanac and Book of Facts 2023 Sarah Janssen, 2022-12-13 1 New York Times Bestseller Get thousands of facts at your fingertips with this essential resource sports pop culture science and technology U.S. history and government world geography business and so much more The World Almanac is America's bestselling reference book of all time with more than 83 million copies sold For more than 150 years this compendium of information has been the authoritative source for school library business and home The 2023 edition of The World Almanac reviews the biggest events of 2022 and will be your go-to source for questions on any topic in the upcoming year Praised as a treasure trove of political economic scientific and educational statistics and information by The Wall Street Journal The World Almanac and Book of Facts will answer all of your trivia needs effortlessly Features include Special Feature Coronavirus Status Report A special section provides up to the minute information about the world's largest public health crisis in at least a century Statistical data and graphics across dozens of chapters show how the pandemic continues to affect the economy work family life education and culture 2022 Election Results The World Almanac provides a comprehensive look at the entire 2022 election process including Election Day results for House Senate and gubernatorial races 2022 Top 10 News Topics The editors of The World Almanac list the top stories that held the world's attention in 2022 from the death of Queen Elizabeth to the invasion of Ukraine 2022 Year in Sports Hundreds of pages of trivia and statistics that are essential for any sports fan featuring complete coverage of the Winter Olympic Games in Beijing and the 2022 World Series World Almanac Editors Picks Most Memorable Rivalry Match ups Looking back from Coach K's final Duke UNC face off in 2022 The World Almanac editors created a list of all time favorite rivalry games across sports history 2022 Year in Pictures Striking full color images from around the world in 2022

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