

<http://www.pocket-lint.com/news/5315/nutrition-data-food-information-website>

WEBSITE OF THE DAY - nutritiondata.com

A website that will tell all on the food and drink you shove down your neck.

by Ian Hughes published on 31 October 2006

Today's website of the day is nutritiondata.com and if you are what you eat, as they say, then this makes startling reading.

A comprehensive site that lists pretty much any food stuff you can think of (including all our favourites for the fast food outlets) and tells you all the nutritional information about each one. If you're looking to lose some weight or just generally be a bit more conscious of what you're consuming, this should be added to your favourites as soon as possible. The search facility speeds up the process and unlike other sites of this ilk, they don't preach to you, they just give you the cold, hard facts.

Anyone for a lettuce sandwich?

www.nutritiondata.com

If you have a website that you want to tell us about email us via the [feedback form](#).



Nutrition Facts & Calorie Counter

NutritionData (ND) provides a complete nutrient analysis for any food or recipe, and helps you select foods that best match your dietary needs.

Use ND's Free Nutritional Tools to Take Control of Your Diet

Mouse over these eight popular features to learn what ND can do for you...

1. Analyze any food
2. Compare multiple foods
3. Find foods that match specific criteria
4. Learn more about nutrition and dieting
5. Estimate your daily needs
6. Track your total consumption
7. Analyze and improve your recipes
8. Generate custom Nutrition Facts labels

ND is the easy way to determine what's good and bad about the foods you eat. Search for foods by name with ND's FoodSearch tool (in the top right corner of every page), then click on the resulting links to view each food's nutritional analysis.

When the food you're looking for isn't in ND's database, you can still analyze it with the help of ND's Custom Entry Tool.

For additional help, see ND's [Quick Start](#), [FAQs](#), and [Site Map](#).

Sign up for ND's Free Update Newsletter

This site is periodically updated with new data and features. ND's Update Newsletter explains these improvements, and helps you get the most out of ND. (View prior issues in ND's [Newsletter Archive](#).)

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