NUTRITION DISCLAIMER

All information presented and written within Famfare Kitchen are intended for informational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

Statements within this site have not been evaluated or approved by the Food and Drug Administration.

You are ultimately responsible for all decisions pertaining to your health. Each individual's dietary needs and restrictions are unique to the individual. The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program. The writers and publishers of this site are not responsible for adverse reactions, effects, or consequences resulting from the use of any recipes or suggestions herein or hereafter.

Famfare Kitchen offers nutritional information for recipes contained on this site. This information is provided as a courtesy and is an estimate only. This information comes from online calculators. Although Famfare Kitchen attempts to provide accurate nutritional information, these figures are only estimates.

Varying factors such as product types or brands purchased can change the nutritional information in any given recipe. Also, many recipes on Famfare Kitchen recommend toppings, which may or may not be listed as optional and nutritional information for these added toppings is not listed. Other factors may change the nutritional information such as when the salt amount is listed "to taste," it is not calculated into the recipe as the amount will vary. Also, different online calculators can provide different results.

To obtain the most accurate representation of the nutritional information in any given recipe, you should calculate the nutritional information with the actual ingredients used in your recipe. You are solely responsible for ensuring that any nutritional information obtained is accurate.

Under no circumstances will Famfare Kitchen or its owners be responsible for any loss or damage resulting from your reliance on nutritional information given by this site. By using Famfare Kitchen and its content, you agree to these terms.