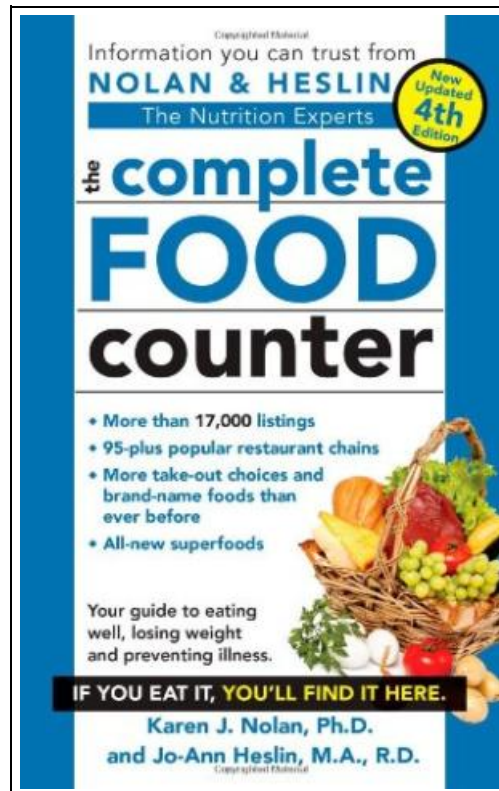


The Complete Food Counter



Filesize: 4.04 MB

Reviews

*A whole new e book with a brand new standpoint. I have read through and i also am certain that i am going to planning to read again yet again later on. I found out this book from my i and dad advised this pdf to learn.
(Audrey Lowe I)*

THE COMPLETE FOOD COUNTER



Pocket Books. Paperback. Condition: New. 800 pages. Dimensions: 6.7in. x 4.1in. x 1.4in.MORE THAN 7. 5 MILLION COUNTER BOOKS IN PRINT FROM THE NUTRITION EXPERTSDONT BE IN THE DARK WHEN YOU EAT!RELY ON THE COMPLETE FOOD COUNTER, 4TH EDITION, TO HELP YOU MAKE EVERY BITE COUNT. Updated and revised, The Complete Food Counter, 4th Edition, is the most dependable resource available about the foods you eat. This easy-to-understand, easy-to-use, comprehensive guide from nationally recognized nutrition experts Karen J. Nolan and Jo-Ann Heslin provides the information you need, whether your goal is to lose weight, protect yourself against disease, or simply pay more attention to what you eat. Calorie, protein, fat, cholesterol, carbohydrate, fiber, and sodium counts for over 17, 000 foods, including more than 900 take-out items and dishes from nearly 100 national and regional restaurant chains Expanded categories with listings for natural, vegetarian, gluten-free, and organic brands Helpful health tips, shopping suggestions, and the latest nutrition research findings translated into which foods are the best for you Simple guidelines for consuming the right amount of every nutrient thats important to your health This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Mass Market Paperback.



[Read The Complete Food Counter Online](#)



[Download PDF The Complete Food Counter](#)

Other Books



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Save ePub »](#)



The Secret Life of Trees DK READERS

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.This Level 2 book is perfect for children who are beginning to read alone. Why do trees lose their leaves in...

[Save ePub »](#)



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

[Save ePub »](#)



The Stories Julian Tells A Stepping Stone Book™

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in..Julian is a quick fibber and a wishful thinker. And he is great at...

[Save ePub »](#)



Scala in Depth

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By...

[Save ePub »](#)