



## The Ultimate Diet Counter

By Charles Clark, Maureen Clark

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Ultimate Diet Counter, Charles Clark, Maureen Clark, "The Ultimate Diet Counter" is the most accessible food counter available. Featuring over 3,000 listings, it is organised into sensible food groups and provides just the right level of information for a quick look-up: carbohydrates, calories, protein, and fat (good and bad fats). This is the perfect companion to any diet, enabling you to look up any food and work out whether it's going to work on your diet, whether it's calorie controlled, low-carb or low-fat. It's the perfect guide to keep in your bag both for when you are trying to lose weight and when you're trying to keep trim and not let those pounds creep back on.



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