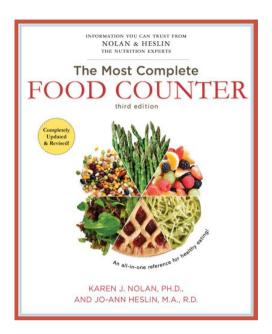
## uMMYM [GET] The Most Complete Food Counter:





The authors, trained in science and nutrition define every food you eat, every nutrient you count, and each nutrition term you need in this comprehensive, indispensable reference. More than 7.5 million counter books in print from the nutrition experts. The ultimate resource for easy-to-use, up-to-date food and nutrition information that will help you live well and eat healthy! Calorie, protein, total fat, saturated fat, cholesterol, carbohydrate, sugar, fiber, calcium, sodium, potassium, folic acid, and vitamin C counts for more than 21,000 foods! Listings for national and regional brands, as well as organic, gluten-free, vegetarian, lactose-free, and sugar-free meals and snacks, plus powerhouse superfoods, whole foods, and more than 100 restaurant chains \* Nutrition basics for creating an individualized eating plan that meets your health needs \* Information on how to use the latest national Dietary Guidelines \* A comprehensive A-Z food and nutrition dictionary that quickly answers all your questions \* If you eat it, you'll find it here.

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