



## The Complete Food Counter

By Jo-Ann Heslin, PH D Karen J Nolan

POCKET BOOKS, United States, 2011. Paperback. Book Condition: New. 4th. 170 x 104 mm. Language: English . Brand New Book. 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. More than 7.5 million counter books in print from the nutrition experts. Don't 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...



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