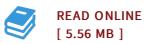


At-a-Glance Nutrition Counter

By Patricia Hausman

Random House USA Inc, United States, 1995. Paperback. Book Condition: New. Reissue. 174 x 105 mm. Language: English .
Brand New Book. A straightforward guide that can help you plan your eating and get you on the road to healthful eating and living. This helpful, up-to-date guide includes all the information you need to determine calories, fat content, carbohydrate content, sodium level, fiber amount, and vitamin and mineral content for brand name foods, fast foods, ethnic specialities, health foods, beverages and much more. It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance.





Reviews

Good eBook and useful one. It is amongst the most remarkable ebook i actually have study. You can expect to like the way the article writer publish this pdf.

-- Prof. Armand Senger DVM

Absolutely essential go through book. It can be rally fascinating through studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).

-- Roberto Leannon

Other Kindle Books



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Fizz-buzz (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Fox at School: Level 3

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Backpack (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Seasick (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: Shops (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



More Spaghetti, I Say!

Scholastic Inc., United States, 1993. Paperback. Book Condition: New. Mort Gerberg (illustrator). Reissue. 218 x 147 mm. Language: English . Brand New Book. With inspiring and educational stories, Scholastic s Hello Reader series caters to the spectrum of reading abilities among beginning...