



The Complete Food Counter (Paperback)

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...



Reviews

A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.

-- Jarod Bartoletti

It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually.

-- Hailey Jast Jr.

Relevant eBooks



A Connecticut Yankee in King Arthur's Court (Paperback)

Bantam Doubleday Dell Publishing Group Inc, United States, 1994. Paperback. Book Condition: New. Reissue. 170 x 104 mm. Language: English . Brand New Book. When A Connecticut Yankee in King Arthur's Court was published in 1889, Mark Twain was undergoing a...



Electronic Dreams: How 1980s Britain Learned to Love the Computer

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English. Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber keys? Did you marvel at the immense...



From Dare to Due Date (Paperback)

Harlequin, United States, 2016. Paperback. Book Condition: New. Not for Online.. 168 x 104 mm. Language: English . Brand New Book. THE NIGHT THEY MADE A BABY Mia Palinski had never even considered herself the kind of girl to have a one-night...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Ice City (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 170 x 145 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...



Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



The Sheikh's Pregnant Prisoner (Paperback)

Harlequin, United States, 2016. Paperback. Book Condition: New. Not for Online.. 168 x 104 mm. Language: English . Brand New Book. You re not going anywhere, not until you give birth to my child. For Zafir Al Masood, the new sheikh of...