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The Ultimate Carbohydrate Counter Annette B. Natow, Jo-Ann Heslin, 2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide Contains more than 15 000 listings of brand name foods generic foods and restaurant selections with information on carb and sugar content and portion size Reissue

The Calorie Counter Annette B. Natow, Jo-Ann Heslin, 2003 Now revised and updated this classic by two nationally renowned nutritionists contains information on more than 20 000 food entries featuring items from national and regional restaurant chains brand name foods take out favorites and much more Original

The Most Complete Food Counter: Third Edition Jo-Ann Heslin, Karen J Nolan, 2013-01-08 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

The Cholesterol Counter Annette B. Natow, Jo-Ann Heslin, 2004 Contains statistics on cholesterol fiber and calories of brand name and generic foods as well as menu items in restaurant chains

The Fat Counter Annette B. Natow, Jo-Ann

Heslin,2005 Celebrating 20 years in print this invaluable guide shows readers how to reduce fat intake lose weight and protect their health It contains the most up to date listings for restaurant chains and take out foods as well as the latest news on trans fats food labels and more Reissue **The Barbara Kraus 1984 Calorie Guide to Brand Names and Basic Foods** Barbara Kraus,1984 Here is the bestselling most up to date and accurate calorie counter available a feast of information for those who love to eat but want to know the calorie count for their meals At a glance readers can locate their favorite foods and drinks including basic and ready to eat foods **The Hotel Monthly** John Willy,1922 *Hobbies; the Magazine of the Buffalo Museum of Science* ,1929 Baking Technology ,1924 The Times Food Number ,1915 **The Most Complete Food Counter** keep going,2021-02-23 It is a food and fitness themed self exploration journal that is designed to help you set and reach your goals dig into your why and set a plan of action to achieve those goals 120 pages with 6 x 9 inches The History of the Law of Primogeniture Radhabinod Pal,1929 **National Retail Meat and Food Dealers Message** National Association of Retail Meat Dealers,1930 Turf, Field, and Farm ,1901 Medical and Surgical Reporter ,1885 **Advertising & Selling** ,1930 **Commercial Fertilizer and Plant Food Industry** ,1915
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