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Bestselling authors of **THE FAT COUNTER**

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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

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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

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