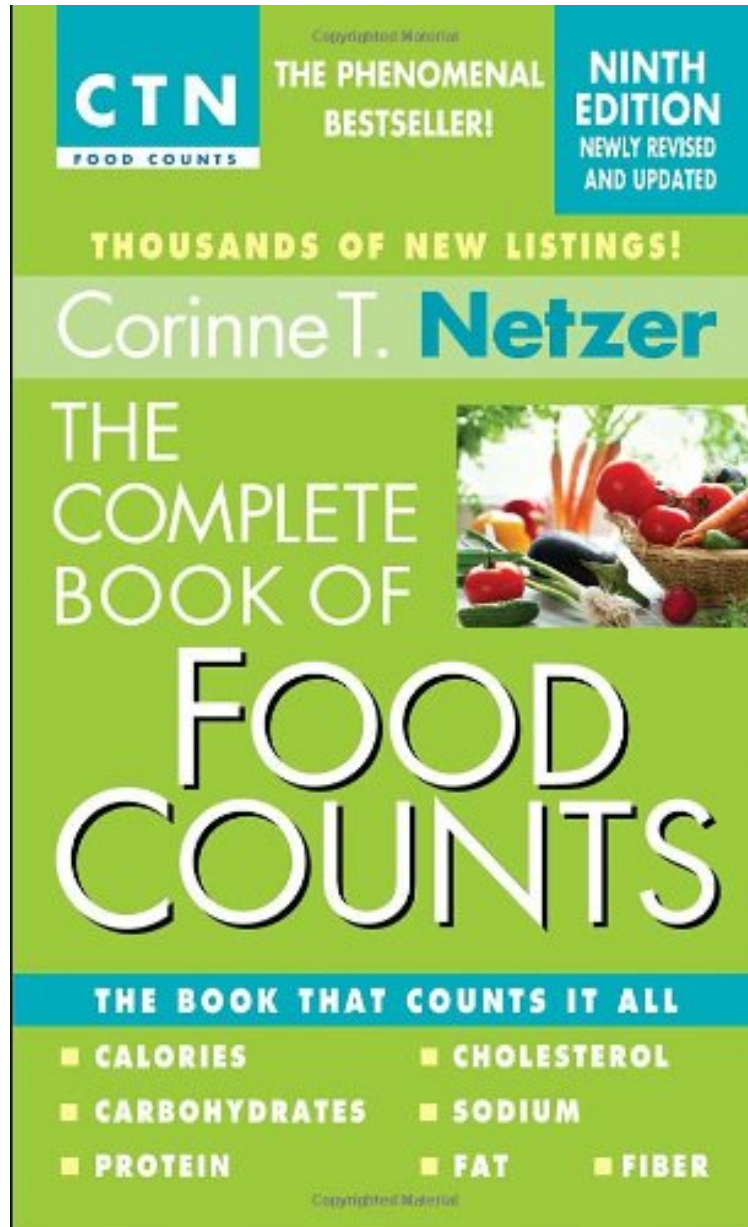


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The Complete Book of Food Counts, 9th Edition: The Book That Counts It All

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From the Inside FlapWhether you are counting your calories, carbs, or fat grams, watching your cholesterol intake or boosting fiber, The Complete Book of Food Counts is the ultimate one-volume reference, providing the latest, most accurate information on the largest possible variety of foods. You can depend on the accuracy and inclusiveness of this bestselling resource to provide all the essential counts for generic and brand-name foods, fresh, frozen, and fast-food items--even gourmet and health foods. The Complete Book of Food Counts is completely revised and updated for the sixth edition, containing thousands of new listings--including a variety of ethnic foods. You'll find: - Calorie counts- Carbohydrate grams- Cholesterol milligrams- Sodium milligrams- Protein grams- Fat grams- Fiber grams PLUS- A conversion table for weight and capacity measures- Alphabetized listing for easy reference- And much, much more From A to Z, all the nutritional information you need is here--whether you are navigating the supermarket aisles or poring over recipes in your kitchen. It's the ultimate gift for yourself and your family--the gift of knowledge, of choice, of good health!About the AuthorCorinne T. Netzer is the author of dozens of books on diet and nutrition, including The Complete Book of Food Counts, The Carbohydrate Counter, and The Corinne T. Netzer Dieters Diary and Dieters Activity Diary.