



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

Corinne T. Netzer

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Are you counting your calories, carbs, or fat grams? Watching your cholesterol? Boosting protein or fiber? Whatever your nutritional needs, this completely revised and updated **ninth edition** of *The Complete Book of Food Counts* is the most authoritative, up-to-date reference you can buy. Featuring thousands more listings (and more choices) than ever before, this vital reference provides all the essential counts you need to know for generic and brand-name foods—as well as the latest gourmet and health foods and a variety of ethnic cuisines. Whether it's fresh or frozen, fast-food or slow-cooked, *The Complete Book of Food Counts* is an A to Z guide to the choices in your supermarket aisles, at your local farmer's market, or served in your favorite restaurants!

- 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

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