



The Complete Book of Food Counts

Corinne T. Netzer

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The Complete Book of Food Counts

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The Complete Book of Food Counts Corinne T. Netzer

The phenomenal bestseller!

The most listings ever!

The book that counts it all:

- Calories
- Carbohydrates
- Protein
- Sodium
- Cholesterol
- Fat
- Fiber

The ultimate one-volume reference from Corinne T. Netzer, America's #1 authority on the nutritional content of food.

Are you counting your calories, carbs, or fat grams? Boosting fiber or watching your sodium or cholesterol intake? Whatever your nutritional needs, this authoritative one-volume reference from Corinne T. Netzer, America's most trusted authority on the nutritional content of food, provides the latest, most accurate information on the largest possible variety of foods. The Complete Book of Food Counts, completely revised and updated for the fifth edition, contains more listings than ever before and features all the essential counts for generic and brand-name foods, fresh, frozen, and fast-food items--even gourmet and health foods.

- 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

Quick and easy to use! From abalone to zucchini, all the information you need is here at your fingertips--whenever you need it! It's the book that belongs in every home and wherever you go--the ultimate gift for yourself and your family--the gift of knowledge, of choice, of good health!

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