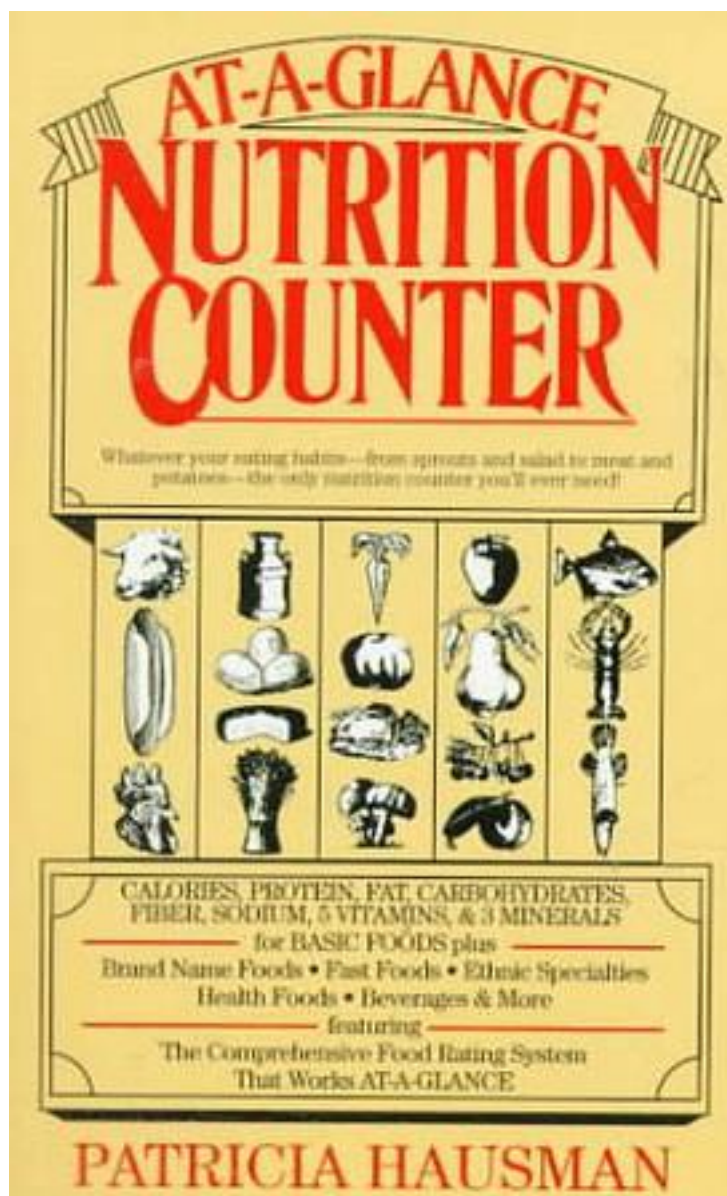


AT-A-GLANCE NUTR CNTR



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A straightforward guide that can help you plan your eating and get you on the road to healthful eating and living. This helpful, up-to-date guide includes all the information you need to determine calories, fat content, carbohydrate content, sodium level, fiber amount, and vitamin and mineral content for brand name foods, fast foods, ethnic specialities, health foods, beverages and much more. It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance.

作者介绍:

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