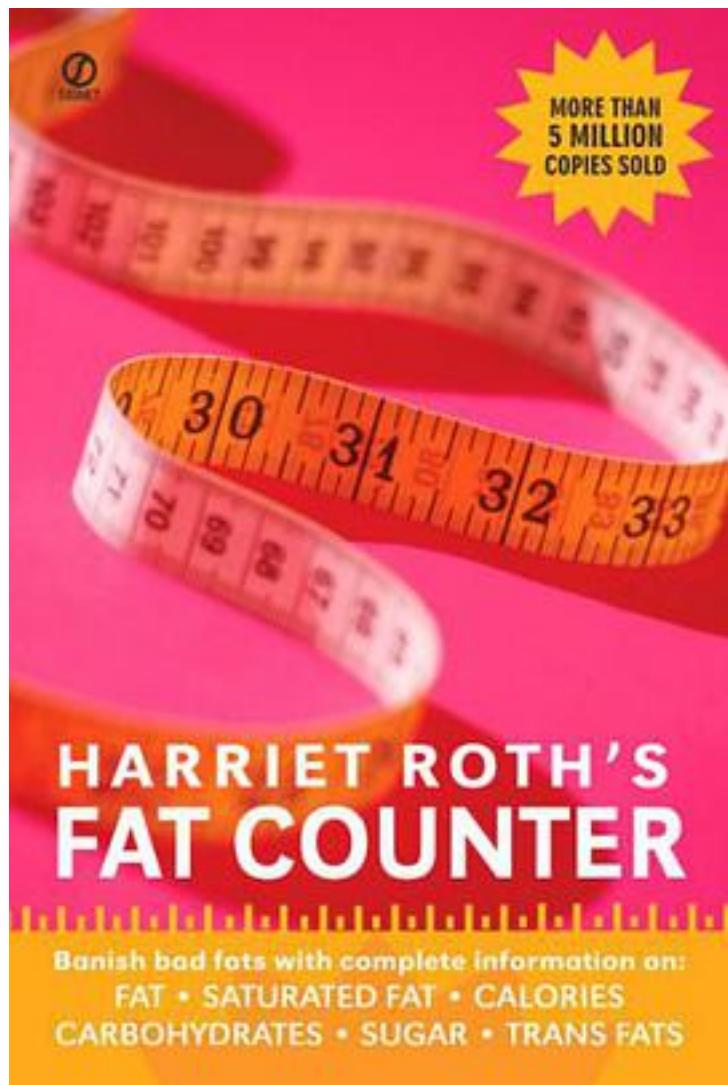


Harriet Roth's Fat Counter



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A new revised edition of the bestselling Fat Counter now with updated material on trans fats, carbs, and sugar!

Americans have more food choices and more to watch out for than ever. Research suggests that trans-fat, carbohydrates, and sugar can be major diet-busters. It's key to cut down on dietary fat and saturated fat in particular, and watch food labels. In this third revised edition of her bestselling guide, Harriet Roth offers the additional feature of trans fat, sugar and carb counts-and updates her listings to include the newest supermarket products, fast food, and restaurant foods.

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