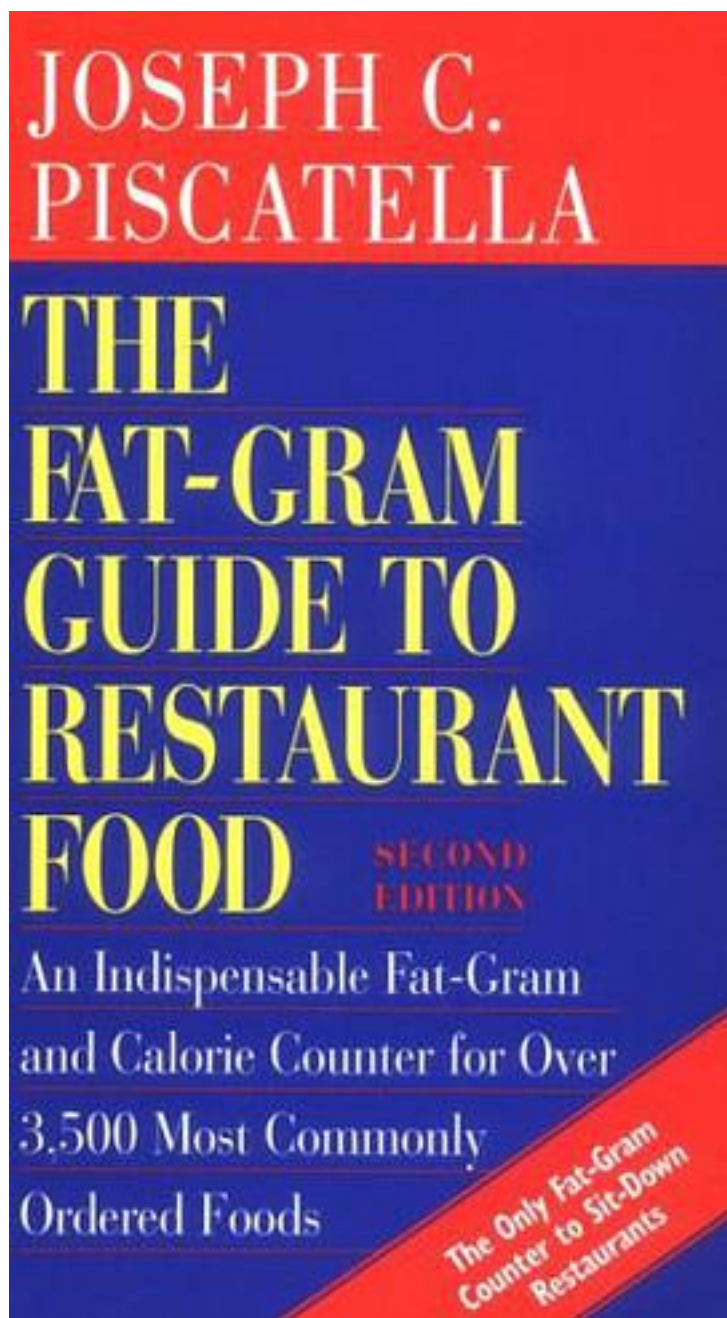


Fat Gram Guide to Restaurant Food



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Here in convenient alphabetical order are the fat-grams, calories and percentage of calories from fat for over 3,500 restaurant dishes, from breakfast to business lunches to three-star dinners, and including offerings for 41 national fast-food chains. With its strategy, tips and comprehensive listings, it's the diner's guide to smart ordering.

作者介绍:

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