

# The Corinne T. Netzer 1999 Calorie Counter



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著者:

出版者:

出版时间:

装帧:

isbn:9780440225843

Book Description Counting calories just got easier with Corinne T. Netzer, America's #1 authority on the nutritional content of food. If you're looking for the ultimate pocket-size calorie counter, look no farther than Corinne T. Netzer's bestselling classic. Revised and updated for 1999, it's an indispensable reference for people on the go, designed to keep you on track through holiday feasts, special occasions, eating in, or dining out. Whether you're trying to make on-the-spot dining decisions or planning a healthful home meal for family, friends, or yourself, the choice is yours with the most accurate calorie counts for fresh, frozen, canned, brand-name, generic, and fast foods, and much more. It's never too late to make the best choices--whether you're dieting, maintaining, or just trying to stay on track--with the handy, portable guide that puts you in charge!

Inside Flap Copy Counting calories just got easier with Corinne T. Netzer, America's #1 authority on the nutritional content of food! If you're looking for the ultimate pocket-size calorie counter, look no farther than Corinne T. Netzer's bestselling classic. Revised and updated for 1999, it's an indispensable reference for people on the go, designed to keep you on track through holiday feasts, special occasions, eating in, or dining out. Whether you're trying to make on-the-spot dining decisions or planning a healthful home meal for family, friends, or yourself, the choice is yours with the most accurate calorie counts for fresh, frozen, canned, brand-name, generic, and fast foods, and much more. It's never too late to make the best choices--whether you're dieting, maintaining, or just trying to stay on track--with the handy, portable guide that puts you in charge! See all Editorial Reviews

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