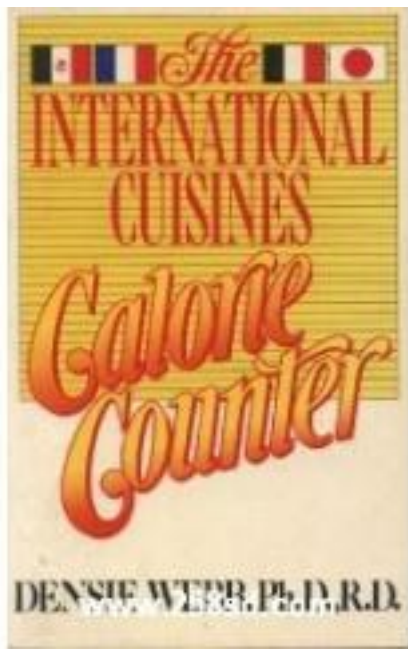


The International Cuisines Calorie Counter



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INTRODUCTION
Eating ethnic is in. The question today is not where you want to eat but which country's cuisine you crave. Mexican, Italian, and Chinese are the uncontested favorites across the United States, but other cuisines such as Indian, Japanese, and Cajun are rapidly gaining popularity. Trying dishes full of new aromas and new flavors is a pleasure, but it can also mean venturing into unfamiliar terrain when you're trying to eat a healthful diet. However, no cuisine need be taboo. It's simply a matter of knowing which dishes are the best bets. That's the reason this book was developed--to help you make healthful eating decisions, whether you're eating take-out Chinese or sitting down to an elegant seven-course French dinner. As you thumb through these pages, some surprises

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