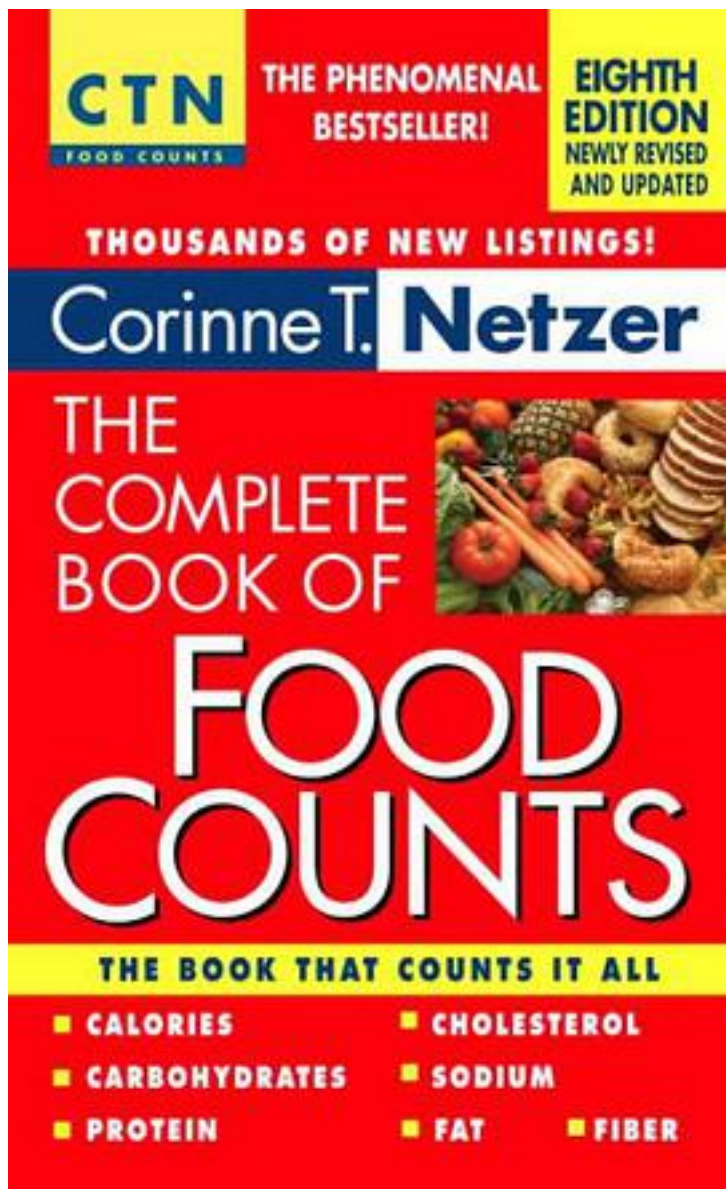


# The Complete Book of Food Counts, 8th Edition



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Are you counting your calories, carbs, or fat grams? Watching your cholesterol? Boosting protein or fiber? Whatever your nutritional needs, this completely revised and updated eighth edition of The Complete Book of Food Counts provides the latest, most accurate information on the largest possible variety of foods. Featuring thousands of new listings—and thousands of more choices—than ever before, this classic reference from Corinne T. Netzer, America's most trusted authority on the nutritional content of food, provides all the essential counts for generic and brand-name foods PLUS the latest gourmet and health foods and hundreds of ethnic foods. From A to Z, from fast-food wraps to Thai, Indian, and Japanese cuisines, The Complete Book of Food Counts is the most authoritative, up-to-date reference you can buy!

\* Calorie counts \* Carbohydrate grams \* Cholesterol milligrams \* Sodium milligrams \* Protein grams \* Fat grams \* Fiber grams PLUS \* A conversion table for weight and capacity measures \* Alphabetized listing for easy reference \* And much, much more  
The Complete Book of Food Counts

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