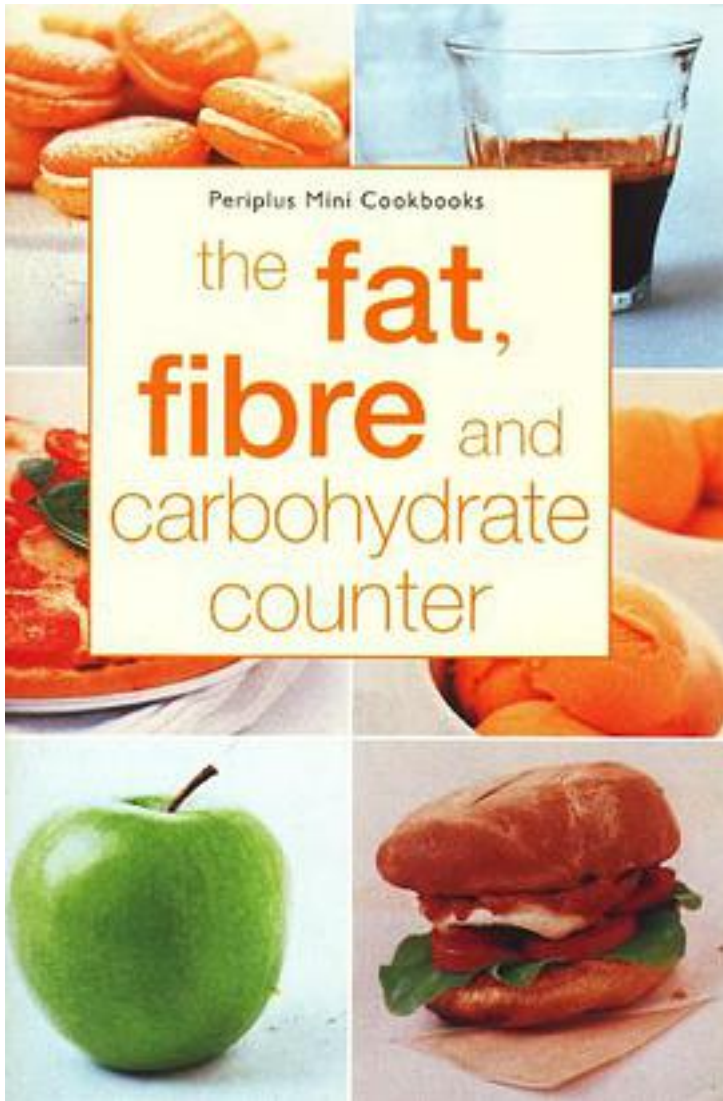


The Fat Fibre and Carbohydrate Counter



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An indispensable guide to keep you fit, healthy and happy. This book contains easy-to-read nutrition tables, so you can check just what's in your favorite foods, as well as ideas for quick healthy snacks, tips on switching to low-fat foods without compromising on flavor, and all the essential information you need to eat right, right now.

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