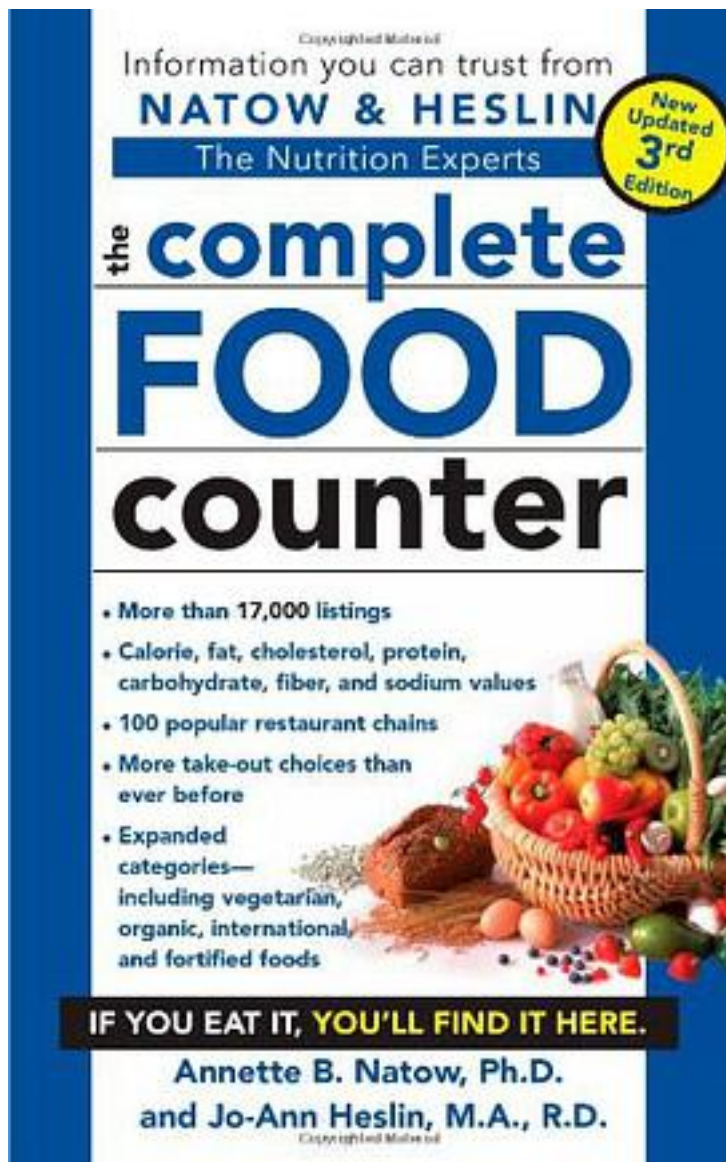


# The Complete Food Counter, 3rd Edition



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Eat healthier -- start today! Updated, revised, and expanded, The Complete Food Counter, 3rd Edition, is the most reliable resource available for nutrition information about the foods you eat. This easy-to-understand, easy-to-use comprehensive guide from nationally recognized nutrition experts Annette Natow and Jo-Ann Heslin will tell you everything you need to know to eat a healthy diet. - Thousands of brand name, generic, regional, vegetarian, international, and organic foods -- and more - Helpful tips, shopping suggestions, and the latest research findings - Simple guidelines to consuming the right amounts of calories, fat, cholesterol, protein, carbohydrates, fiber, and sodium for you

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