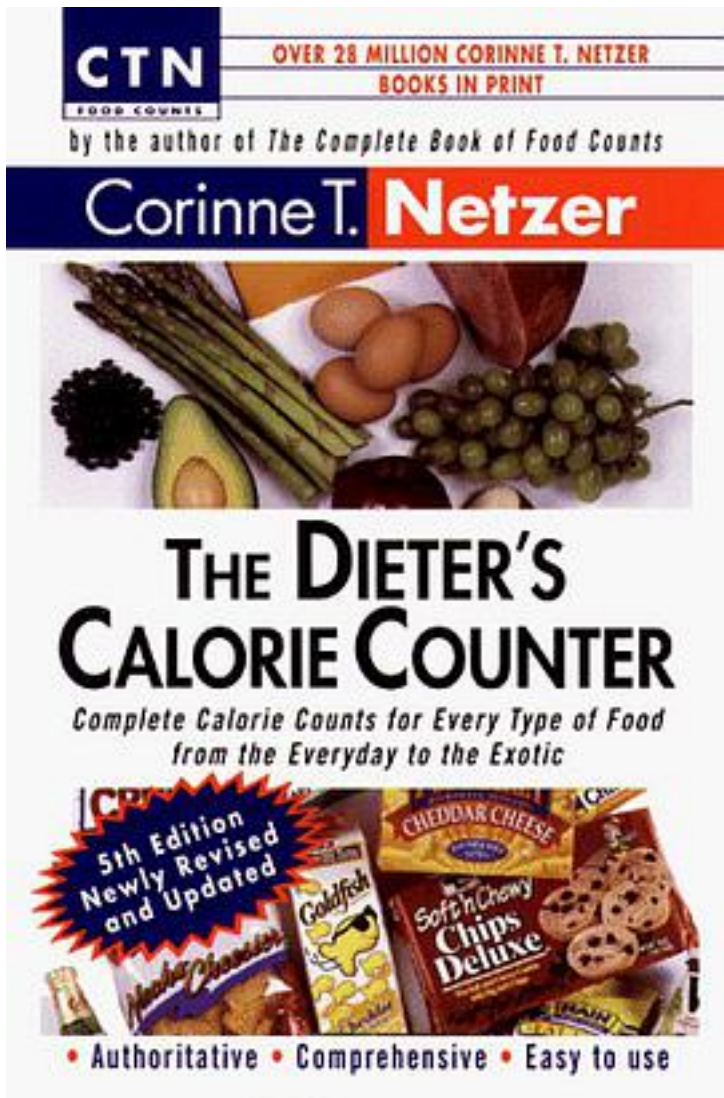


# The Dieter's Calorie Counter



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出版者:

出版时间:1998-3

装帧:

isbn:9780440508212

Eating right just got easier--with Corinne T. Netzer, America's #1 authority on the nutritional content of food. Whether you want to know the calorie counts for the exotic or the everyday, discover the joy of savoring your favorite treats while sticking to your eating plan. With The Dieter's Calorie Counter, it's a cinch to make smart decisions about the foods you eat--no matter which diet you're on! Here are the comprehensive calorie counts you need in a reference that's fully revised and expanded, jam-packed with fresh, frozen, canned, brand-name, and generic foods, as well as fast-food restaurants and specialties. Now you can browse through the supermarket aisles... try out a new restaurant... plan a family get-together... indulge yourself with a treat. There are no "forbidden" foods, merely choices. And the choice is yours in the book that gives you the knowledge and power to choose what's best for you.

作者介绍:

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