

Calorie Counter



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著者:Collins UK

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With over 700,000 copies sold, Collins Gem Calorie Counter is the UK' s top-selling

calorie counter. This improved edition takes in new areas: Kids’ food (is your child eating a balanced diet?), Fast Food (how much do you need to burn off after that Big Mac?), and Family Favorites (will my shepherd’s pie break the calorie bank?).

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