

The Complete Food Counter, 4th Edition

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Updated and revised, The Complete Food Counter, 4th Edition, is the most dependable resource available about the foods you eat. This easy-to-understand, easy-to-use, comprehensive guide from nationally recognized nutrition experts Karen J. Nolan and Jo-Ann Heslin provides the information you need, whether your goal is to lose weight, protect yourself against disease, or simply pay more attention to what you eat.

More than 7.5 million counter books in print from the nutrition experts.

Don't be in the dark when you eat! Rely on The Complete Food Counter, 4th Edition, to help you make every bite count.

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-Calorie, protein, fat, cholesterol, carbohydrate, fiber, and sodium counts for over 17,000 foods, including more than 900 take-out items and dishes from nearly 100 national and regional restaurant chains

-Expanded categories with listings for natural, vegetarian, gluten-free, and organic brands

-Helpful health tips, shopping suggestions, and the latest nutrition research findings translated into which foods are the best for you

-Simple guidelines for consuming the right amount of every nutrient that's important to your health

Karen J. Nolan, PhD, holds advanced degrees in science and human anatomy. She is the coauthor of ten books on nutrition. For more information, visit: TheNutritionExperts.com.

Jo-Ann Heslin, MA, RD, is a professionally trained, registered dietitian and also a regular columnist for HealthNewsDigest.com. She is the coauthor of more than thirty books on nutrition. For more information, visit: TheNutritionExperts.com.

Other Books

Ewing's Analytical Instrumentation Handbook, Fourth Edition, This handbook is a guide for workers in analytical chemistry who need a starting place for information about a specific instrumental technique. It gives a basic introduction to the techniques and provides leading references on the theory and methodology for an instrumental technique. This edition thoroughly expands and updates the chapters to include concepts, applications, and key references from recent literature. It also contains a new chapter on process analytical technology.

Chromatogr., 15:2787-2800. of daunorubicin derivatives by counter-current chromatography with the horizontal ... US Patent 4,968,428. high ionic strength aqueous phase systems by spiral highspeed counter-current chromatography."