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BY THE AUTHOR OF
THE COMPLETE BOOK OF FOOD COUNTS



Corinne T. Netzer



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- **FEATURING THE LATEST BRAND-NAME
AND COMMON FOODS**

Corinne T Netzer Calorie Counter 199

Joan T. Casale



Corinne T Netzer Calorie Counter 199:

The Corinne T. Netzer 2003 Calorie Counter Corinne T. Netzer, 2002 Freshly revised and updated for 2003 Corinne T Netzer's bestselling classic is chock full of up to date calorie counts for brand name and common foods The Corinne T Netzer 2003 Calorie Counter is everything you need to make this the year you really stick to that New Year's resolution Let Corinne T Netzer be your guide at home or on the go as you make healthy eating a delicious habit Whether you're cooking up a storm painting the town red sampling one of the latest brand name foods or popping into the supermarket here's the handy portable reference that gives you the knowledge you need to do it your way Whatever your goals may be weight loss maintenance good health they're easier than ever to achieve with the authoritative calorie counter that leaves the choices to you Take charge of your diet and your life beginning today *The Corinne T. Netzer 2001 Calorie Counter* Corinne T. Netzer, 2000 Forget about deprivation The secret to staying in shape is knowledge And that's what you'll get in this newly revised edition of Corinne T Netzer's bestselling classic Pocket size for easy portability jam packed with the latest most accurate calorie counts for brand name and common foods here is an essential reference for today's health conscious consumer Discover how easy it is to enjoy healthful delicious meals with the guide that helps you make the best choices wherever you are Whether you're trying to lose weight maintain or just eat healthily this handy pocket guide will help you stay on track So indulge in a guilt free treat plan a sumptuous family meal catch a bite at a fast food restaurant make on the spot dining decisions with confidence Remember you're in charge with the book that helps you take control of your eating Want to get in shape for the New Year Anticipating a big vacation Worried about the holidays a wedding a gala party Relax This handy pocket reference puts you in control You know you're in good hands with Corinne T Netzer America's most trusted authority on the nutritional content of food With her help counting calories will become second nature Discover the latest information about the newest foods updated facts about old favorites and so much more in the book that takes the guesswork out of eating healthy at home or on the road Whether you're cooking up a storm trying one of the latest brand name foods or planning a night on the town here's the perfect guide for people on the go *The Corinne T. Netzer 1994 Calorie Counter* Corinne T. Netzer, 1994 *The Corinne T. Netzer 1993 Calorie Counter* Corinne T. Netzer, 1993 The leading authority on food counts delivers a complete convenient and up to the minute guide to the calorie counts of brand name fresh and fast foods Designed in a simple A Z format this new edition contains thousands of entries It's the book no dieter can afford to be without **The Corinne T. Netzer 2002 Calorie Counter** Corinne T. Netzer, 2001 The Ultimate Pocket Size Reference Completely revised and updated with the latest brand name and common foods The pocket reference you can count on from America's 1 authority on the nutritional content of food Corinne T Netzer Yes you can live through the vacations without putting on pounds cook calorie conscious gourmet meals dine out in elegant restaurants travel the world and return with presents not pounds All it takes is knowledge the kind that's yours with Corinne T Netzer's bestselling

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 American Book Publishing Record ,1983-04 The Cumulative Book Index ,1995 A world list of books in the English language **Medical and Health Care Books and Serials in Print** ,1997 The Corinne T. Netzer Calorie Counter for the Year 2000 Corinne T. Netzer,1999 Completely updated and revised this portable guide is packed with calorie counts for all kinds of foods brand name and generic Perfect for toting into a grocery store or restaurant

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