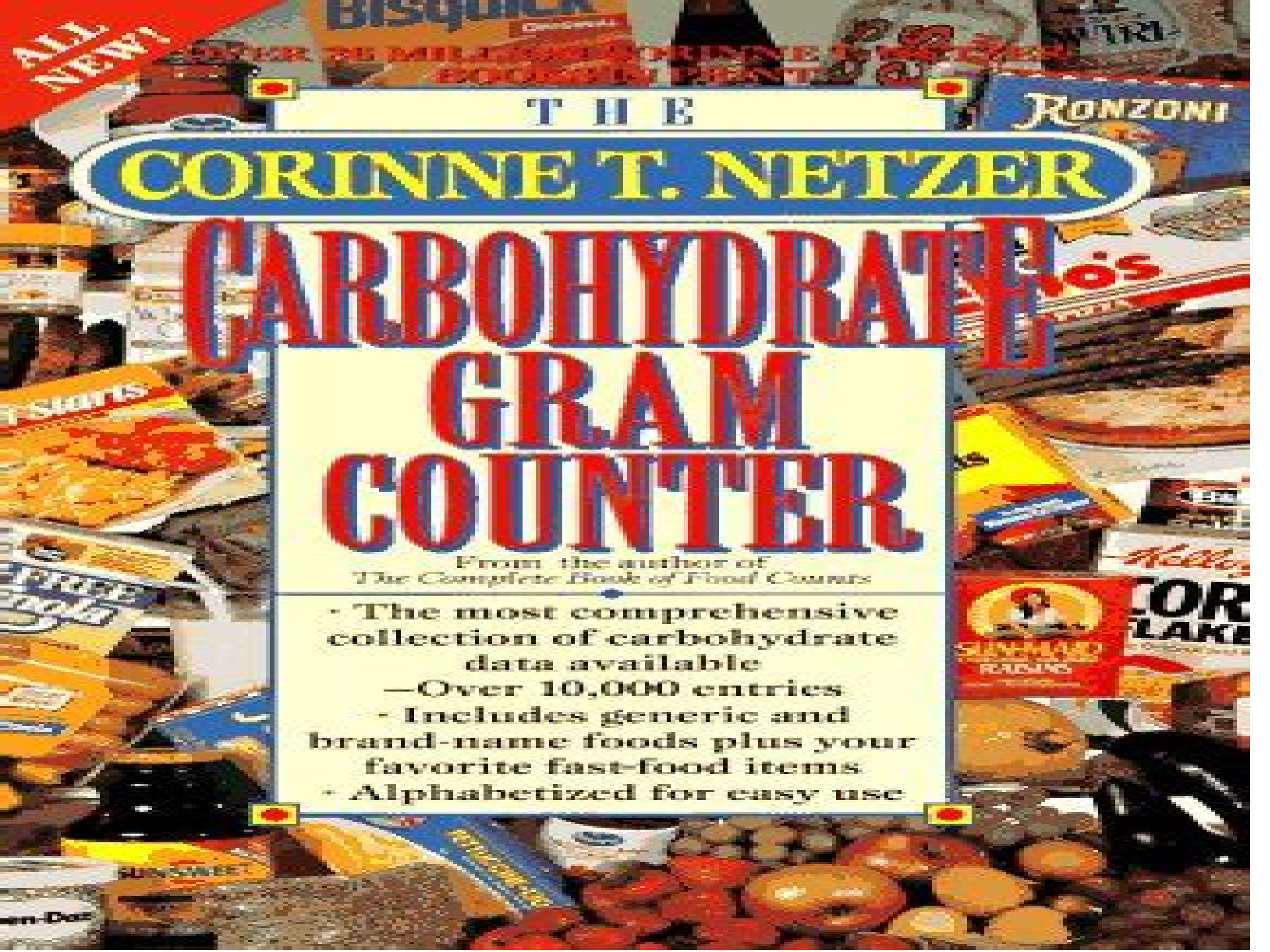




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and so much more in the book that takes the guesswork out of eating healthy at home or on the road Whether you re cooking up a storm trying one of the latest brand name foods or planning a night on the town here s the perfect guide for people on the go

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The Corinne T. Netzer 1994 Calorie Counter Corinne T. Netzer,1994 *Corinne T. Netzer, 1995 Calorie Counter* Corinne T. Netzer,1995 The annual update of Corrine Netzer s classic calorie counter includes listings of the newest supermarket and fast food restaurant foods more brand name fresh and fast foods than any other book of its size

The Corinne T. Netzer

1990 Calorie Counter of Brand Name and Common Foods Corinne T. Netzer, 1990 From bestselling author Corinne T Netzer comes this all new listing containing up to date information on the calories in brand name fresh and fast food alphabetized for easy reference and sized to fit in a pocket or purse Contains more products than any other book of its size

The Brand-name Calorie Counter Corinne T. Netzer, 1998 The latest brand name calorie counts from Corinne T Netzer America's 1 authority on the nutritional content of food Do you waste time scrutinizing labels in the supermarket Are you just guessing about calories when you dine at fast food restaurants A quick glance at this comprehensive reference will give you all the calorie counts you need to stay on track whether you're dieting maintaining or just trying to eat healthily You'll be astounded by the number of calories you can save by making the right choices among the foods you eat From fast food hamburgers to frozen desserts you'll find vast differences between brands and even within brands So take a break and browse through the calorie counts for frozen potpies or breakfast cereals or ice cream and frozen yogurt Get smart Take charge Corinne T Netzer puts you in the driver's seat now with **The Brand Name Calorie Counter 7th Edition Newly Revised and Updated**

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Vitamin and Minerals Corinne T. Netzer, 1996 The Corinne T Netzer Vitamin And Mineral Counter is an all new volume from America's most trusted food count expert Maintain a healthy diet with this complete listing of hundreds of foods that contain essential vitamins and minerals eliminating the need for costly supplements The Dieter's Calorie Counter Corinne T. Netzer, 1998 Fully revised and updated for the first time in nearly six years this comprehensive easy to use reference is fully alphabetized for quick reference and updated with all new listings of fresh frozen brand name and generic foods this book is a dieter's best friend

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