

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All

By Corinne T. Netzer

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THE INDISPENSABLE ONE-VOLUME REFERENCE FROM **CORINNE T. NETZER**, AMERICA'S #1 AUTHORITY ON THE NUTRITIONAL CONTENT OF FOOD

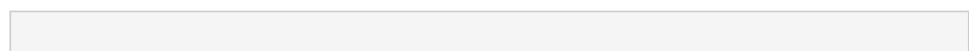
Are you counting your calories, carbs, or fat grams? Watching your cholesterol? Boosting protein or fiber? Whatever your nutritional needs, this completely revised and updated **ninth edition** of *The Complete Book of Food Counts* is the most authoritative, up-to-date reference you can buy. Featuring thousands more listings (and more choices) than ever before, this vital reference provides all the essential counts you need to know for generic and brand-name foods—as well as the latest gourmet and health foods and a variety of ethnic cuisines. Whether it's fresh or frozen, fast-food or slow-cooked, *The Complete Book of Food Counts* is an A to Z guide to the choices in your supermarket aisles, at your local farmer's market, or served in your favorite restaurants!

- Calorie counts
- Carbohydrate grams
- Cholesterol milligrams
- Sodium milligrams
- Protein grams
- Fat grams
- Fiber grams

PLUS

- A conversion table for weight and capacity measures
- Alphabetized listing for easy reference
- And much, much more

THE COMPLETE BOOK OF FOOD COUNTS



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Editorial Review

From the Inside Flap

Whether you are counting your calories, carbs, or fat grams, watching your cholesterol intake or boosting fiber, *The Complete Book of Food Counts* is the ultimate one-volume reference, providing the latest, most accurate information on the largest possible variety of foods. You can depend on the accuracy and inclusiveness of this bestselling resource to provide all the essential counts for generic and brand-name foods, fresh, frozen, and fast-food items--even gourmet and health foods. *The Complete Book of Food Counts* is completely revised and updated for the sixth edition, containing thousands of new listings--including a variety of ethnic foods. You'll find:

- Calorie counts
- Carbohydrate grams
- Cholesterol milligrams
- Sodium milligrams
- Protein grams
- Fat grams
- Fiber grams

PLUS

- A conversion table for weight and capacity measures
- Alphabetized listing for easy reference
- And much, much more

From A to Z, all the nutritional information you need is here--whether you are navigating the supermarket aisles or poring over recipes in your kitchen. It's the ultimate gift for yourself and your family--the gift of knowledge, of choice, of good health!

About the Author

Corinne T. Netzer is the author of dozens of books on diet and nutrition, including *The Complete Book of Food Counts*, *The Carbohydrate Counter*, and *The Corinne T. Netzer Dieter's Diary* and *Dieter's Activity Diary*.

Users Review

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