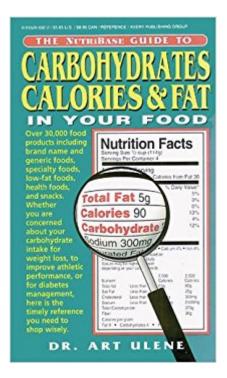


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The NutriBase Guide To Carbohydrates, Calories, And Fat In Your Food





Synopsis

Lists the carbohydrate, caloric, and fat content of over 30,000 food products, including brand name and generic foods.

Book Information

Series: NutriBase Mass Market Paperback: 682 pages Publisher: Avery (January 1, 1995) Language: English ISBN-10: 0895296322 ISBN-13: 978-0895296320 Product Dimensions: 4.1 x 1.5 x 7 inches Shipping Weight: 9.6 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #698,560 in Books (See Top 100 in Books) #161 inÅ Å Books > Humor & Entertainment > Humor > Limericks & Humorous Verse #203 inÅ Å Books > Humor & Entertainment > Humor > Cooking #388 inÅ Å Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

Art Ulene, MD, is also the author of Dr. Art Ulene's Complete Guide to Vitamins, Minerals, and Herbs. His health reports have appeared nationally on NBC's Today show for fifteen years, and he has also appeared weekly on ABC's Home show for over two years.

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