



The Complete Book of Food Counts, 7th edition

Corinne T. Netzer

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Featuring all-new information on a wide variety of new products, here are essential counts for generic and brand-name foods PLUS the latest gourmet and health foods, including hundreds of ethnic foods. From fast-food salads to gourmet pizza, from Mexican to Japanese to Indian cuisines, this authoritative reference gives you all the nutritional information you need, whether you're walking the supermarket aisles or checking out your local natural food and gourmet shops!

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