



## The Complete Nutrition Counter

By Lynn Sonberg

Penguin Putnam Inc, United States, 2008. Paperback. Book Condition: New. Revised edition. 173 x 107 mm. Language: English . Brand New Book. Newly updated and easy-to-use A-to-Z listings of brand names and whole foods. All the information readers will ever need to know about what they eat in one handy guide. Counters are included for all the food essentials including calories, proteins, total fat, saturated fat, trans fat, cholesterol, sodium, calcium, iron, carbohydrates and fiber.



**READ ONLINE**  
[ 5.62 MB ]



### Reviews

*This ebook is worth purchasing. It is written in straightforward words and not hard to understand. You will not feel monotony at any time of your respective time (that's what catalogs are for about in the event you ask me).*

*-- Eileen Kling I*

*A fresh e book with a brand new point of view. It is definitely simplistic but surprises in the fifty percent of your ebook. Its been designed in an extremely basic way and is particularly just soon after i finished reading this ebook where in fact altered me, change the way i really believe.*

*-- Dr. Alberta Schmidt V*