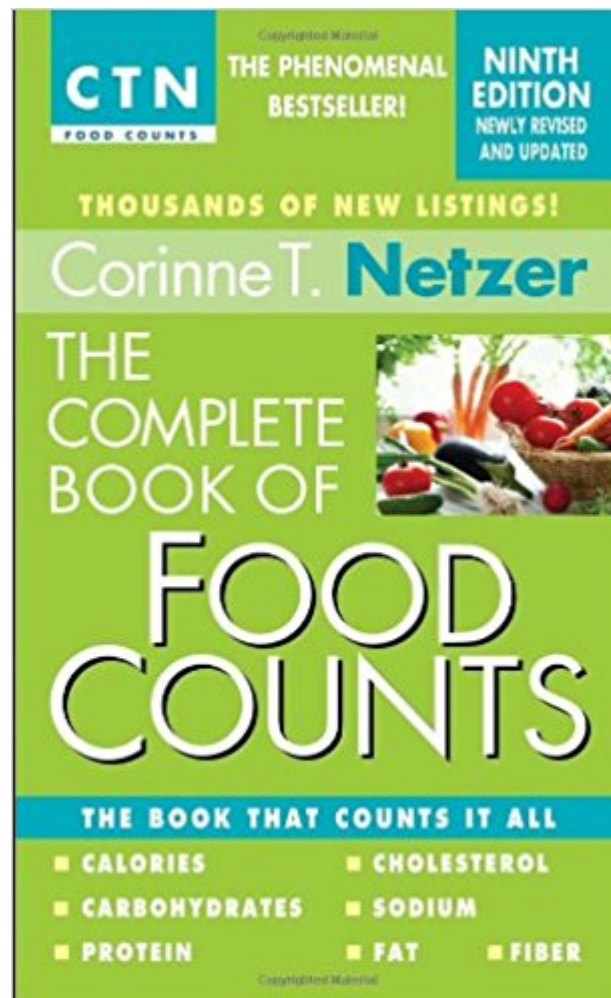




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# The Complete Book Of Food Counts, 9th Edition: The Book That Counts It All



## Synopsis

The phenomenal bestseller! Newly revised and updated! Thousands of new listings! 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

## Book Information

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## Customer Reviews

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!

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 Activity Diary.

I was nothing but pleased with this book. It is comprehensive and lists multiple versions of the same foods which is great when tracking carbs and macronutrients. You can flip through it with ease and quickly find the item you are looking for. I would highly recommend this book for anyone doing nutritional tracking.

This book is trade paperback sized and very thick which would make it hard to use. Tiny print and the binding broke as I was taking it out of the shipping package dropping about a third of the book pages on the post office floor. Finding anything in this book would take some time as it's flimsy, overcrowded and badly bound.

It is complete, but a small, very thick book, awkward to hold while shopping. Print is tiny too. I think they tried to cram too much info into too small a book.

Right after buying this, I found My Fitness Pal free app for my phone, which made the book entirely unnecessary when it arrived. The app does EVERYTHING I need and exceedingly easily. The book is like deciding to make fire with sticks when you can turn a dial and have instant fire of the exact size you want. Wasted money, but that's life!

Last night, I tried to find how many carbs were in plain, hot-air popped popcorn. It was impossible. Everything is a namebrand and I make most of my food from scratch. I couldn't even tell which brand name would be close. Even bananas are listed by brand-name. I wouldn't mind if the information was listed for just staples, too. Still a good book if you don't mind the frustration of searching and trying to figure out which product name would match your needs. Simpler would be better.

Great to sit on a table somewhere to pick up at anytime to check calorie intake.

Excellent Source of info for nutritional values of Food we Eat.

Want to start losing weight and this book goes everywhere with me, and I can look all the food I eat and stay on a 1200 hundred calorie diet, thank you so much

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