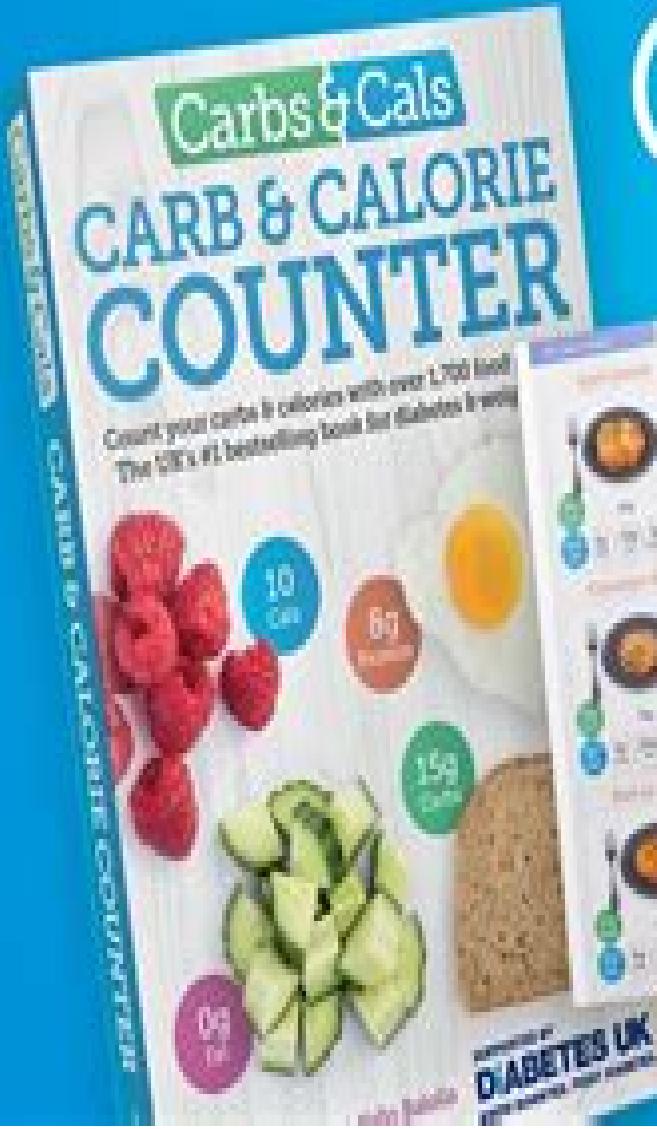


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Collins, 2010-06-03 The ideal companion to the hugely successful Gem Calorie Counter this is a handy portable guide to carbohydrates in everyday foods Perfect for those following the Fast Diet 5 2 Diet Dukan Diet Atkins Diet or other weight loss diets

[The Complete Carbohydrate Counter for Dining Out](#) K. F. Ernst, 1981-04

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[The Brand-name Calorie Counter](#) Corinne T. Netzer, 1991 From breakfast to dinner and all stops in between whether you're eating in or dining out here is the best selling supermarket shopper's guide and companion Included is the important information you need to start your diet and stay on it Conveniently arranged by category this banquet of brand name and fast foods contains more than 10 000 listings

The Corinne T. Netzer 1994

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The Best Low Carb Egg & Dairy Recipes Dana Carpender, 2014-02-20 This tasty collection draws on the best 1 001 recipes from Dana Carpender's bestselling books including 500 Low Carb Recipes 15 Minute Low Carb Recipes 500 More Low Carb Recipes 200 Low Carb Slow Cooker Recipes The Low Carb Barbeque Book and Low Carb Smoothies You'll find delicious and varied options including recipes for high carb foods you thought you had to give up forever such as Cinnamon Raisin Bread and Mocha Chocolate Cheesecake Staying the low carb course will be easy with choices from barbecue to slow cooker to internationally inspired dishes

[The Online Journalism Handbook](#) Paul Bradshaw, 2023-07-28 The Online Journalism Handbook offers a comprehensive guide to the ever evolving world of digital journalism showcasing the multiple possibilities in researching writing and storytelling provided by new technologies In this new edition Paul Bradshaw presents an engaging mix of technological expertise with real world practical guidance to illustrate how those training and working as journalists can improve the development presentation and global reach of their stories through webbased technologies Thoroughly revised and updated this third edition features A new chapter dedicated to writing for email and chat with updated case studies New

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Calorie Guide to Brand Names and Basic Foods Barbara Kraus,1988 Balanced diets are becoming a way of life for Americans today and The Barbara Kraus Calorie and Carbohydrate Guide is one of the best ways to stay on one Features hundreds of never before included basic and brand name foods and beverages that make a balanced diet also a fun diet *Barbara Kraus' Calorie Guide to Brand Names and Basic Foods* 1989 Barbara Kraus,1989-01-03 With the most accurate calorie counts for almost everything we eat or drink Kraus s latest calorie guide has become the most popular and trusted nutrition guide available The revised and updated edition features hundreds of never before included basic and brand name foods and beverages Takes the guesswork out of dieting *Barbara Kraus 1987 Calorie Guide to Brand Names and Basic Foods*

Barbara Kraus,1987 Here is the bestselling most up to date and accurate calorie counter available a feast of information for those who love to eat but want to know the calorie count for their meals At a glance readers can locate their favorite foods and drinks including basic and ready to eat foods *Complete Guide to Sodium* Barbara Kraus,1987 Revised and expanded this comprehensive guide offers the sodium counts of over 7 000 brand names basic foods and fast foods including meat poultry and fish soft drinks and liquors vegetables and fruits and much more *Calories and Carbohydrates* Barbara

Kraus,1987 Now revised and updated this classic calorie and carbohydrate counter is the essential A Z guide with the most up to date accurate and reliable calorie and carbohydrate counts for the latest food brands and products Reissue *The*

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calorie conscious gourmet meals dine out in elegant restaurants travel the world and return with presents not pounds All it takes is knowledge the kind that s yours with Corinne T Netzer s bestselling calorie counter now fully revised and updated for the year 2002 Whether you re trying to lose weight maintain or just stay on track here s the book no health conscious consumer should be without Jam packed with the latest most accurate calorie counts for brand name and common foods this pocket size powerhouse of knowledge will help you make the wisest food choices possible wherever you are So take the guesswork out of eating and put the choice back into living with the most authoritative pocket reference you can buy Get up get moving and take it with you wherever you go **Flat Belly Diet! for Men** Liz Vaccariello,2010-12-21 Presents diet and

exercise tips for men seeking to reduce their weight specifically stomach fat and includes healthy meal recipes exercise routines and nutritional information **Bestsellers** ,1968 **Barbara Kraus Calorie Guide to Brand Names and Basic Foods, 1996** Barbara Kraus,1996 Now completely revised the bestselling guide that lists calories for thousands of brand name foods Barbara Kraus 1987 Carbohydrate Guide to Brand Names and Basic Foods Barbara Kraus,1987

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