



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

By Corinne T. Netzer

Download now

Read Online 

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer

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

 [Download The Complete Book of Food Counts, 9th Edition: The ...pdf](#)

 [Read Online The Complete Book of Food Counts, 9th Edition: T ...pdf](#)

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

By Corinne T. Netzer

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer

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

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer
Bibliography

- Sales Rank: #4840 in Books
- Brand: Netzer, Corinne T.
- Published on: 2011-12-27
- Released on: 2011-12-27
- Original language: English
- Number of items: 1
- Dimensions: 6.86" h x 1.15" w x 4.17" l, .93 pounds

- Binding: Mass Market Paperback
- 912 pages

 [Download The Complete Book of Food Counts, 9th Edition: The ...pdf](#)

 [Read Online The Complete Book of Food Counts, 9th Edition: T ...pdf](#)

Download and Read Free Online The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer

Editorial Review

From the Inside Flap

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!

About the Author

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 Diary* and *Dieter's Activity Diary*.

Users Review

From reader reviews:

Christopher Arredondo:

In this 21st centuries, people become competitive in every single way. By being competitive today, people have do something to make these survives, being in the middle of the actual crowded place and notice through surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive improve then having chance to remain than other is high. For you personally who want to start reading the book, we give you that *The Complete Book of Food Counts, 9th Edition: The Book That Counts It All* book as beginner and daily reading e-book. Why, because this book is greater than just a book.

David Betancourt:

Here thing why that The Complete Book of Food Counts, 9th Edition: The Book That Counts It All are different and trustworthy to be yours. First of all looking at a book is good nevertheless it depends in the content of computer which is the content is as yummy as food or not. The Complete Book of Food Counts, 9th Edition: The Book That Counts It All giving you information deeper including different ways, you can find any reserve out there but there is no reserve that similar with The Complete Book of Food Counts, 9th Edition: The Book That Counts It All. It gives you thrill reading journey, its open up your own personal eyes about the thing this happened in the world which is possibly can be happened around you. It is easy to bring everywhere like in playground, café, or even in your method home by train. For anyone who is having difficulties in bringing the paper book maybe the form of The Complete Book of Food Counts, 9th Edition: The Book That Counts It All in e-book can be your alternative.

Thomas Towne:

Would you one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Try and pick one book that you just dont know the inside because don't ascertain book by its handle may doesn't work the following is difficult job because you are scared that the inside maybe not seeing that fantastic as in the outside search likes. Maybe you answer could be The Complete Book of Food Counts, 9th Edition: The Book That Counts It All why because the fantastic cover that make you consider about the content will not disappoint anyone. The inside or content will be fantastic as the outside or maybe cover. Your reading sixth sense will directly assist you to pick up this book.

James Wood:

Do you like reading a guide? Confuse to looking for your preferred book? Or your book had been rare? Why so many issue for the book? But just about any people feel that they enjoy with regard to reading. Some people likes studying, not only science book but additionally novel and The Complete Book of Food Counts, 9th Edition: The Book That Counts It All or even others sources were given information for you. After you know how the truly amazing a book, you feel want to read more and more. Science book was created for teacher or even students especially. Those guides are helping them to bring their knowledge. In some other case, beside science e-book, any other book likes The Complete Book of Food Counts, 9th Edition: The Book That Counts It All to make your spare time much more colorful. Many types of book like this.

**Download and Read Online The Complete Book of Food Counts,
9th Edition: The Book That Counts It All By Corinne T. Netzer
#68X9B1D2GTJ**

Read The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer for online ebook

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer books to read online.

Online The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer ebook PDF download

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer Doc

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer Mobipocket

The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer EPub

68X9B1D2GTJ: The Complete Book of Food Counts, 9th Edition: The Book That Counts It All By Corinne T. Netzer