



The Corinne T. Netzer 2001 Calorie Counter

By Netzer, Corinne T.

Dell Book, New York, U.S.A., 2000. Soft cover. Book Condition: New. Book Description: Forget about deprivation! The secret to staying in shape is knowledge. And that's what you'll get in this newly revised edition of Corinne T. Netzer's bestselling classic. Pocket-size for easy portability, jam-packed with the latest, most accurate calorie counts for brand-name and common foods, here is an essential reference for today's health-conscious consumer. Discover how easy it is to enjoy healthful, delicious meals with the guide that helps you make the best choices--wherever you are! Whether you're trying to lose weight, maintain, or just eat healthily, this handy pocket guide will help you stay on track. So indulge in a guilt-free treat. plan a sumptuous family meal. catch a bite at a fast-food restaurant. make on-the-spot dining decisions with confidence. Remember, you're in charge--with the book that helps you take control of your eating! Want to get in shape for the New Year? Anticipating a big vacation? Worried about the holidays, a wedding, a gala party? Relax! This handy pocket reference puts you in control! You know you're in good hands with Corinne T. Netzer, America's most trusted authority on the nutritional content of food. With her help, counting calories will...



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