



Barbara Kraus Calories and Carbohydrates, 16th Edition: A Dictionary Listing of More Than 8,500 Brand Names and Basic Foods with Their Calorie and Carbohydrate Counts (Paperback)

By Marie Reilly-Pardo

New American Library, United States, 2005. Paperback. Condition: New. 16th Revised ed.. Language: English . Brand New Book. Barbara Kraus Calories and Carbohydrates has long been considered the essential guide to getting the most up-to-date, A-to-Z dietary information on all your favorite foods. Now, in this newly revised and updated edition, you ll discover the most accurate and reliable calorie and carbohydrate counts for over 8,500 food brands and products, including: - Auntie Anne s Pretzels - Bruegger s Bagel Restaurants - El Monterey Food Products - Boar s Head Cheese - Campbell s Supper Bakes - Atkins Food Products - Krispy Kreme Doughnuts Each entry is arranged according to portion size, and the extensive cross-referencing will help you find what you need--fast. Recommended by doctors for weight control, this indispensable guide simplifies dieting whether you are counting calories, or carbohydrates, or both. Destined to have that well-worn, thumbed-through look of every useful book on your shelf. --The Cincinnati Post.



READ ONLINE
[4.57 MB]

Reviews

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Sierra Lowe Sr.**

This publication is fantastic. It really is full of knowledge and wisdom You are going to like just how the author write this publication.

-- **Harmon Watsica II**

Other eBooks



[Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.



[Studyguide for Introduction to Early Childhood Education: Preschool Through Primary Grades by Jo Ann Brewer ISBN: 9780205491452](#)

2011. Softcover. Book Condition: New. 6th. 8.25 x 11 in. Never HIGHLIGHT a Book Again! Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives all of the outlines, highlights, and quizzes for your textbook with optional...



[Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn t porn. Everyone always asks and some of our family thinks it is for sure.but its not...



[Studyguide for Introduction to Early Childhood Education: Preschool Through Primary Grades by Brewer, Jo Ann](#)

CRAM101, United States, 2013. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.Never HIGHLIGHT a Book Again! Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives...



[Baby Must Haves The Essential Guide to Everything from Cribs to Bibs 2007 Paperback](#)

Book Condition: Brand New. Book Condition: Brand New.



[Guess How Much I Love You: Counting](#)

Walker Books Ltd. Board book. Book Condition: new. BRAND NEW, Guess How Much I Love You: Counting, Sam McBratney, Anita Jeram, This is a winsome introduction to counting by the author and illustrator of "Guess How Much I Love You". Count from...