

CTN

FOOD COUNTS

THE PHENOMENAL
BESTSELLER!

**NINTH
EDITION**
NEWLY REVISED
AND UPDATED

THOUSANDS OF NEW LISTINGS!

Corinne T. **Netzer**

THE
COMPLETE
BOOK OF



FOOD COUNTS

THE BOOK THAT COUNTS IT ALL

- CALORIES
- CARBOHYDRATES
- PROTEIN
- CHOLESTEROL
- SODIUM
- FAT
- FIBER

Corinne T. Netzer

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



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The phenomenal bestseller! Newly revised and updated! Carbohydrate grams• Cholesterol milligrams• NETZER, AMERICA'THE ENTIRE BOOK OF FOOD COUNTS• Watching your cholesterol? Boosting protein or fibers? Whatever your nutritional requirements, this totally revised and updated ninth edition of THE ENTIRE Book of Food Counts may be the most authoritative, up-to-date reference you can buy. Featuring thousands more listings (and more choices) than previously, this essential reference provides all of the essential counts you should know for generic and brand-name foods— Dietary fiber gramsPLUS• Fats grams•s fresh or frozen, fast-meals or slow-cooked, The Complete Book of Food Counts can be an A to Z guidebook to the options in your supermarket aisles, at your local farmer' And far, much more Are you counting your calories from fat, carbs, or fat grams? Calorie counts• A large number of new listings!THE INDISPENSABLE ONE-VOLUME REFERENCE FROM CORINNE T. Sodium milligrams• Protein grams• Whether it'and also the most recent gourmet and health foods and a number of ethnic cuisines. A transformation table for excess weight and capacity procedures• Alphabetized listing for easy reference•s market, or served in your favorite restaurants!S #1 AUTHORITY ON THE NUTRITIONAL Content material OF FOOD



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SUGAR???? Impossible! Does not list sugars! This lists about everything but sugars content. I bought it to check on sodium and it DOES list that, and also calories, carbs, fiber, fat, etc. It offers listings for the grocery and some junk food chains. So, it is beneficial due to that. Easy and simple lookup. After all, it does say Finish.. There are various generic items listed mostly as fresh (precisely what I wanted) and also name brands. I have looked at many products and compared them with other sources and find the publication to be fairly accurate. Extremely thorough detailed reference guidebook. My issue was I didn't understand how many calories meals had in it. Great for all house libraries and kitchens Extremely thorough detailed reference guidebook. say that I as well think this book offers wayyyyyy an excessive amount of garbage in it! This book is trade paperback sized and incredibly thick which would make it hard to use. Using this as I reference my eating 5 times a time doesn't make me gain but shed since I am better educated. Get it you won't be sorry! Tiny printing and the binding broke as I was acquiring has gone out of the shipping package dropping in regards to a third of the publication pages on the post office floor. Having read critiques before buying this book We got some reservations but got it anyhow and I'm happy with it. If there is anything unfavorable about it is usually that it has therefore many items listed. therefore, I still need to read diet labels at grocery. Would have liked to find counts of potassium included I really like this book If you eat out this publication is excellent because it gives you the truth in what you just ate. Dieters must have I didn't know anything about counting calories. I assumed it could show sugar articles.? It made me alert to high calorie meals and I've lost 30 pounds easily. I think this is value for money. It will also work better if you are thinking about pre-made, prepackaged foods; Excellent for KETO This is just what I wanted! Its user friendly and offers all the counts I am searching for. -Makes it difficult to find just simple things. Not for Bariatric Diets Maybe it had been this customer's mistake, however when the listing stated complete "food counts" it led one to think all the nutrition areas would be listed. However, this fat small paperback does not are the sugars count, among other activities, so it does not work for bariatric surgery diet plans. protein. Locating anything in this reserve would take the time as it's flimsy, overcrowded and badly bound.. Too much garbage I have to agree with the other couple of reviewers & Not very complete, so not so recommended. Unless you have your Pringles container, you can look up the knowledge in here. Which means this book complements me everywhere.!? not whole food, from-scratch cooking.. I can't help but wonder doesn't Anybody cook their OWN meals nowadays? I mean.? It's exceptional for the KETO diet!! too, just want an ordinary, whole food calorie counter book. She's it all when I utilized to need to check three places!? Great book maybe a spiral version of this would be better I have a hard time looking at the pages by the binding.! ;-) Finally a book that has every group of food measurement!! Finally a book that has every category of food measurement! It gets the information I want, and plenty of it. I'm on a gram counting diet plan & also carbs, body fat & In the event that you just want calorie consumption, fats, carbs, and proteins, this can do you, but this reserve definitely will not give complete nutrition counts. IS there such a thing? My fitness pal is quite average with food choices & I find paper books significantly less time consuming than an app & I really like this book, makes taking in less difficult while on a diet plan. Good book has all you need! If there is, pleeeeee, perform let me in on it! Everything you wish to know in one small book This little book has all you could possibly wish to know. Also I have yet to find one thing I eat that's not listed in it. Ideal, handy book! - maybe too much detail. makes the fundamentals hard to find. Certainly there are several things one must typical to create a calorie count and that's okay with me. It makes me think of foods, I hadn't thought about cooking for a while. Which isn't hard either. you also end up learning even more bc if you look at a meal you can view 30 options. Using online calculator I have found that it is very efficient to count calorie consumption. I thought I was eating healthy but found I

always ate to numerous hidden calorie consumption "the extras". I try to plan my meals, which book has a large number of food items to select from. THE ENTIRE Book of Meals Counts, 9th Edition: love the book So many foods to choose from I like this publication, because I'm counting carbs. Ideal for all home libraries and kitchens the knowledge on the breads in the restaurants since I order minus bread There are 2 things I would of liked to see was the just how much Sugar is in each item and for the restaurants the info in the breads because I order stuff without bun or bread etc. That assists me vary my menu, to keep the diet plan from becoming boring. If you cook you can add up all the calories of the food and divide it by the number of servings.! I really do wish the print was larger. there is a large amount of information packed into a small page.



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