HARRIET ROTH'S FAT COUNTER Banish bad fats with complete information on: FAT - SATURATED FAT - CALORIES CARBOHYDRATES - SUGAR - TRANS FATS

Harriet Roth's Fat Counter

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Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

(Prof. Ophelia Wiegand I)

HARRIET ROTH'S FAT COUNTER



Penguin Group USA, 2007. Paperback. Book Condition: New. Revised. 10.16 x 15.24 cm. A helpful nutritional reference features updated information on the fat percentages and grams, calories, and cholesterol for hundreds of common foods, including brand-name products, along with new data on trans fat, sugar, and carb counts, and features weight-loss tips and "dining out" charts. Reprint. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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