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*The Mitchell Beazley*  
**POCKET GUIDE**  
to  
**NUTRITION**  
**& CALORIES**

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**A R N O L D E . B E N D E R**

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# The Mitchell Beazley Pocket Guide To Nutrition And Calories Mitchell Beazleys Pocket Guides

**United States. Department of  
Agriculture**



**The Mitchell Beazley Pocket Guide To Nutrition And Calories Mitchell Beazleys Pocket Guides:**

The Mitchell Beazley Pocket Guide to Nutrition and Calories Arnold E. Bender,1989      *The Bookseller* ,1979      *The Pocket Guide to Calories and Nutrition* Arnold Eric Bender,Tony Nash,1979      *The Pocket Calorie Counter* Suzanne Beilenson, A speedy discreet way to stay informed about the content of your meals and snacks wherever you are Count on it Contains more than 8 000 entries Provides calorie counts for most foods and beverages as well as protein carbs fiber sodium fats and other essentials Includes menu items from popular restaurants too Tables are fully visible at most font sizes no need to squint Column headings in nutritional information charts signify as follows SS Serving Size C Calories TF Total Fat g SF Saturated Fat g S Sodium mg CB Carbohydrates g F Fiber g P Protein g      *Pocket Guide to Nutrition* Rush-Presbyterian-St. Luke's Medical Center. Department of Food and Nutrition,2000      *Calories and Weight* ,1974      **A Pocket Guide to Calories & Weight Reducing** ,1977      **Calories and Weight - the USDA Pocket Guide** United States. Department of Agriculture,1974      **Calories and Weight** ,1968

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