



The Barbara Kraus

1983

REVISED EDITION

Calorie Guide to Brand Names & Basic Foods

Hundreds of new entries including:
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McDonald's Chicken McNuggets;
McChicken, McRib & McFeast Sandwiches
Selected Paul Masson Regular & Light Wines
New Weight Watchers Meals
Welch & Welchade Products
Keebler Cookies & Crackers

By the author of
Calories and Carbohydrates

The Barbara Kraus 1983 Calorie Guide To Brand Names And Basic Foods

Judd E. Hollander



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