

Basic Food and Brand Name Calorie Counter

Barbara Kraus

Note: This is not the actual book cover

The Basic Food Brand Name Calorie Counter

Barbara Kraus



The Basic Food Brand Name Calorie Counter:

The Basic Food & Brand-Name Calorie Counter Barbara Kraus, 1983 **The Basic Food & Brand-name Calorie Counter** Barbara Kraus, 1974 The Basic Food & Brand-name Carbohydrate Counter Barbara Kraus, 1974 Barbara Kraus Calorie Guide to Brand Names and Basic Foods Barbara Kraus, 1994 Not only does this bestselling guide list calories for thousands of brand name items it explains how they were obtained and how to read the code of the food industry's sometimes indecipherable calorie listings Includes many new dishes and listings *Barbara Kraus Calorie Guide to Brand Names and Basic Foods, 1996* Barbara Kraus, 1996 Now completely revised the bestselling guide that lists calories for thousands of brand name foods The Barbara Kraus 1985 Carbohydrate Guide to Brand Names and Basic Foods Barbara Kraus, 1985 The Barbara Kraus Calorie Guide to Brand Names and Basic Foods Barbara Kraus, 1992 The bestselling most up to date and accurate guide available for people who love to eat but need to count calories Readers can easily locate their favorite foods and drinks including hundreds of never before featured basic foods and foods by brand name *The Barbara Kraus 1984 Calorie Guide to Brand Names and Basic Foods* Barbara Kraus, 1984 Here is the bestselling most up to date and accurate calorie counter available a feast of information for those who love to eat but want to know the calorie count for their meals At a glance readers can locate their favorite foods and drinks including basic and ready to eat foods The Quick and Easy Fat Gram & Calorie Counter Lynn Sonberg, 1992-02-01 centerFats The Bad Guys in Your Diet Fats pack more than twice the calories into every gram than either protein or carbohydrates Recent studies show that it's the amount of fat you eat that will determine your weight In addition a high fat diet increases your risk of heart disease and cancer The American Heart Association and the National Cancer Institute recommend you get no more than 30 percent of your daily calories from fat The Quick and Easy Fat Gram Calorie Counter will show you how Count Fat Grams for Healthy Weight Loss It's easy Tired of balancing calories cholesterol fat and fiber intake Just count fat grams and everything else will fall into place The Quick and Easy Fat Gram Calorie Counter does all the work for you It provides fat gram counts for 2 500 basic brand name and fast foods and gives you the calorie count and percentage of calories that come from fat h5centerTry The New Easier More Effective Way to Stay Slim and Healthy *Barbara Kraus 1988 Calorie Guide to Brand Names and Basic Foods* Barbara Kraus, 1988 Balanced diets are becoming a way of life for Americans today and The Barbara Kraus Calorie and Carbohydrate Guide is one of the best ways to stay on one Features hundreds of never before included basic and brand name foods and beverages that make a balanced diet also a fun diet **The Barbara Kraus 1985 Sodium Guide to Brand Names and Basic Foods** Barbara Kraus, 1985-01-02 Barbara Kraus 1987 Calorie Guide to Brand Names and Basic Foods Barbara Kraus, 1987 Here is the bestselling most up to date and accurate calorie counter available a feast of information for those who love to eat but want to know the calorie count for their meals At a glance readers can locate their favorite foods and drinks including basic and ready to eat foods **Barbara Kraus' Calorie Guide to Brand Names and Basic Foods 1989**

Barbara Kraus,1989-01-03 With the most accurate calorie counts for almost everything we eat or drink Kraus s latest calorie guide has become the most popular and trusted nutrition guide available The revised and updated edition features hundreds of never before included basic and brand name foods and beverages Takes the guesswork out of dieting Guide to Healthy Fast-Food Eating Hope S. Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and moreExchange and serving sizes for every menu itemCommon pitfalls of fast food eating and how to avoid themTips for making healthier fast food choicesRealistic ways to deal with diabetes related dining dilemma **Guide to Healthy Fast-Food Eating** Hope Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America At-a-Glance Nutrition Counter Patricia Hausman,1984-08-12 A straightforward guide that can help you plan your eating and get you on the road to healthful eating and living This helpful up to date guide includes all the information you need to determine calories fat content carbohydrate content sodium level fiber amount and vitamin and mineral content for brand name foods fast foods ethnic specialties health foods beverages and much more It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance **Complete Guide to Carb Counting** Hope Warshaw,Karmeen Kulkarni,2011-05-31 The completely revised Complete Guide to Carb Counting 3rd edition by the American Diabetes Association provides you with the knowledge and the tools to put carbohydrate counting into practice Rewritten and reorganized to introduce and explain carb counting concepts as you ll need them in your diabetes care plan you ll learn why carb counting helps you manage your blood sugar the amount of carb to eat how to count the carbohydrates in meals and how to count carbs using food labels restaurant menus and your eyes too This is THE meal planning system every carb counting person with diabetes needs to manage their blood glucose **Guide to Sources for Agricultural and Biological Research** J. Richard Blanchard,Lois Farrell,2023-07-28 **Everyday Health™ My Calorie Counter** Maureen Namkoong,Jennifer Sucov,2011-05-31 From Everyday Health the 1 health destination on the web comes a pocket size guide to nutrition and weight loss Culled from the sites comprehensive database of nutritional information this expansive tool makes navigating the wide world of food easy The book is divided into three categories regular foods store brands and restaurant fast foods each with thousands of entries that offer information on calorie count fat content and nutritional values including carbohydrates cholesterol sodium and fiber all presented in a user friendly format Success stories from the Everyday Health community motivate readers to meet their own goals **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1976

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