



The NutriBase Guide to Carbohydrates, Calories, and Fat in Your Food

Art Ulene

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This helpful guide gives the calorie and carbohydrate breakdown on all store-bought foods, as well as fast food and restaurant meals. Listing items by name and brand, this compact guide provides the percentage of calories from carbohydrates in 30,000 products. An ideal book for diabetics and others who want to know more about what they are consuming.

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