



Harriet Roth's Fat Counter

By Roth, Harriet

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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