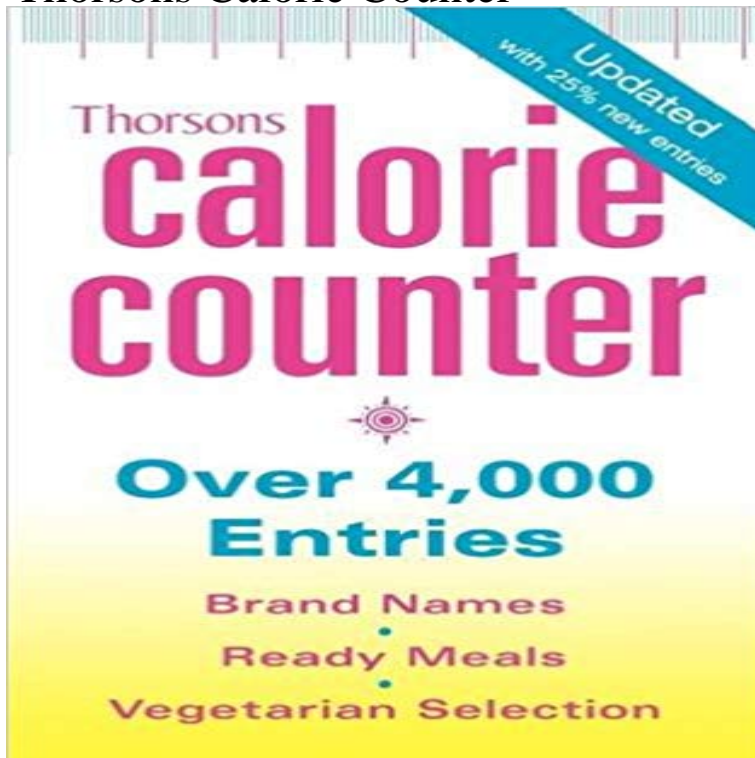


Thorsons Calorie Counter



This new edition of the most informative and trustworthy calorie counter in the UK is updated with 25% new entries. The Thorsons Calorie counter is easy to use and extremely comprehensive with over 4,000 products listed. Whether you are weight conscious, health conscious or just calorie conscious, this book is the ideal first reference for anybody following a calorie-controlled programme. Fully revised and updated, with over 25% new entries, this easy to use guide contains everything you need to know about calorie counting. Divided into simple food sections, both branded and generic, this perennial bestseller includes: / take-away foods and eating out / ready-made meals, including brand names such as Sainsburys, Boots, Waitrose and Marks & Spencer / snacks / ethnic foods / drinks (both alcoholic and non-alcoholic) / vegetarian foods Also included are useful facts about the fat, protein and carbohydrate content of the foods mentioned, plus a guide to estimating the content of foods that aren't listed. Designed with our real eating patterns in mind- taking into account the fact that most of us do not eat 3 square meals a day but eat and snack on the run- this book is the ideal companion to any calorie-controlled regime.

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