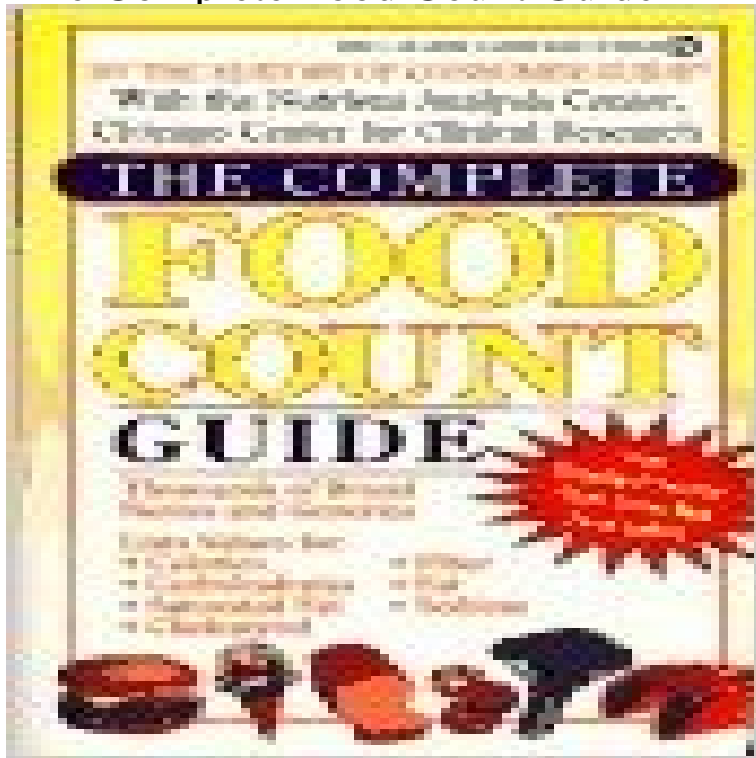


The Complete Food Count Guide



Listing such food values as calories, fat grams, cholesterol, fiber, and sodium for thousands of brand and generic name products, a thorough nutrition guide simplifies the process of healthy eating.

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