

A total guide to high-calorie,
low-carbohydrate reducing! Over 5500
precise gram counts—every basic
and brand-name food from soup to nuts!

THE BRAND-NAME CARBOHYDRATE GRAM COUNTER



BY CORINNE T. NETZER
PREFACE BY IRWIN M. STILLMAN, M.D.

Indispensable for low-carbohydrate dieting!
The most complete gram counter anywhere!
All the best-known brands in stores today:

Archer	France American	La Chry	Rice-A-Roni
Aunt Jemima	Freezer Queen	La Rosa	Royal
Banquet	French's	Leary's	Sara Lee
Betty Crocker	Frito-Lay	Liddy's	Sea-See
Birds Eye	General Mills	Lipton	Schwepps
Borden	Good Humor	Manischewitz	Seabrook Farms
Breadfast	Good Seasons	Mocha Maid	Seafrost
Buddig	Gorton's	Morrell	Skippy
Campbell's	Green Giant	Morton	Smucker's
Canada Dry	Heinz	Mother's	Stouffer's
Carnation	Hellmann's	Mott's	Sunshine
Chef Boy-ar-dee	Hershey	Mrs. Paul's	Sweeten
Chun King	Holland House	Musterman's	Taste O' Sea
Cresce	Holloway House	Nabisco	Tropicana
Crosse & Blackwell	Homol	Nestle	Uncle Ben's
Del Monte	Hostess	Old El Paso	Underwood
Daily Moore	Hunt's	Oscar Mayer	Vienna
Dole	Jell-O	Pfizer	Vita
Durkee	Jeno's	Pepperidge Farm	Weick's
Dorner's	Keebler	Pillsbury	Wilson
Dorothyflake	Kellogg's	Planters	Wish-Bone
Dorson	Kraft	Prince	Wyler's . . .



Every gram count you must know to stay
on the revolutionary low-carbohydrate diet!

Brand Name Carbohydrate Gram Counter

S Nieto



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Eventually, you will unquestionably discover a other experience and exploit by spending more cash. still when? get you take on that you require to acquire those all needs behind having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more with reference to the globe, experience, some places, gone history, amusement, and a lot more?

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