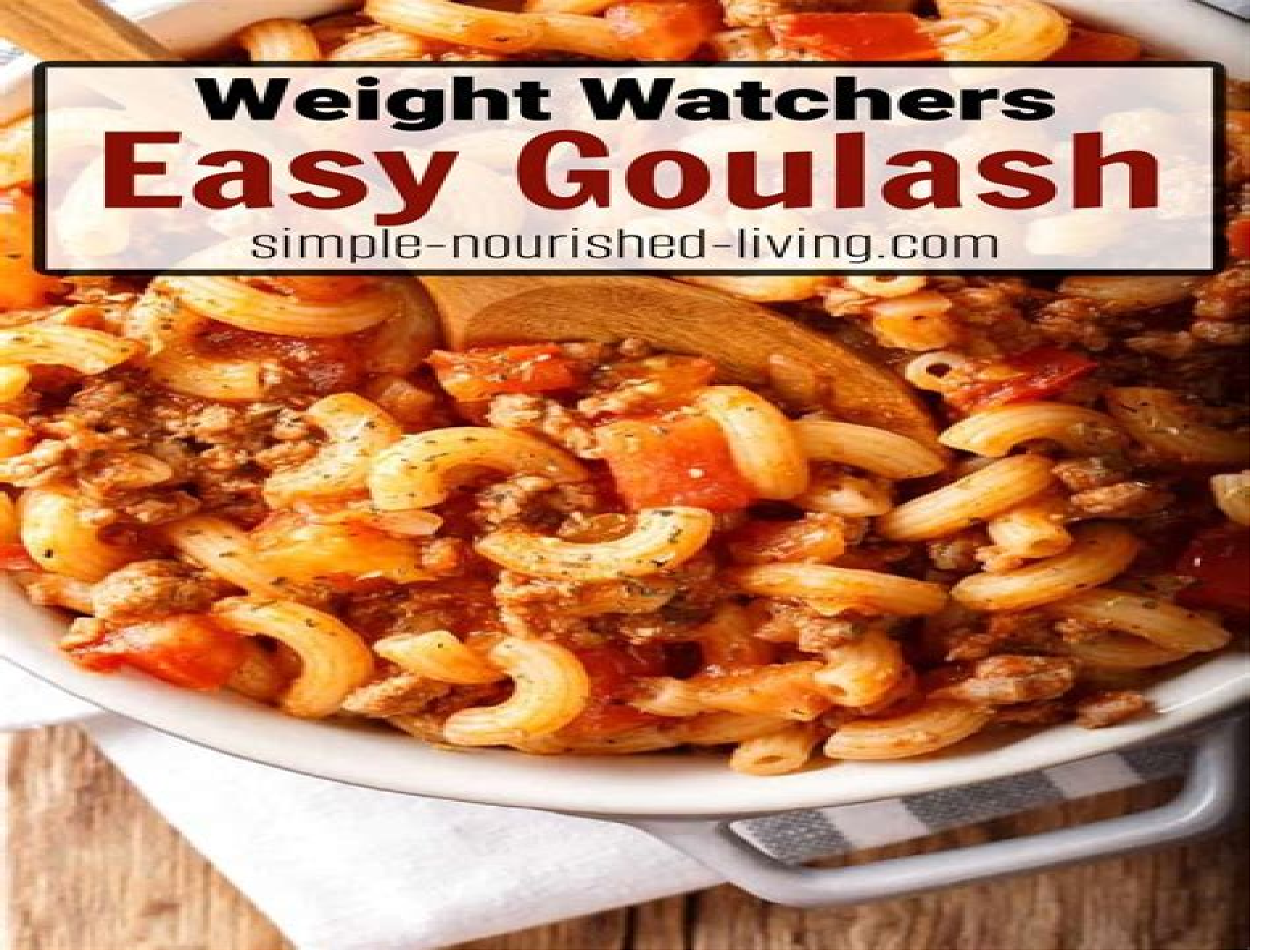




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The Flax Cookbook Elaine Magee, 2003-01-07 Flaxseed has been around for centuries but its pleasant flavour and unsurpassed health benefits have been largely overlooked until now. This cookbook introduces the benefits of flax and includes over 80 recipes for delicious and easy-to-cook meals. **The Nutritional Microwave Brand Food Counter** Paul J. Montgomery, 1991 This is a study of 1,000 microwave foods divided into 15 categories. Each category is broken down into calories and 12 nutrients. There is an analysis of the data based on summarized tables and charts of the detailed listings. The purpose of the study is to provide a convenient comparison of microwave foods so that the consumer can know how the foods are alike, know how they are different, and be better informed about what they are buying.

Weight Watchers Quick, Light & Healthy Cookbook Nancy Fitzpatrick Wyatt, 1998 **The Corinne T. Netzer 2001 Calorie Counter** Corinne T. Netzer, 2000 Forget about deprivation. The secret to staying in shape is knowledge. And that's what you'll get in this newly revised edition of Corinne T. Netzer's bestselling classic. Pocket size for easy portability, jam-packed with the latest, most accurate calorie counts for brand name and common foods, here is an essential reference for today's health-conscious consumer. Discover how easy it is to enjoy healthful, delicious meals with the guide that helps you make the best choices wherever you are. Whether you're trying to lose weight, maintain, or just eat healthily, this handy pocket guide will help you stay on track. So indulge in a guilt-free treat, plan a sumptuous family meal, catch a bite at a fast-food restaurant, make on-the-spot dining decisions with confidence. Remember you're in charge with the book that helps you take control of your eating. Want to get in shape for the New Year? Anticipating a big vacation? Worried about the holidays, a wedding, a gala party? Relax. This handy pocket reference puts you in control. You know you're in good hands with Corinne T. Netzer, America's most trusted authority on the nutritional content of food. With her help, counting calories will become second nature. Discover the latest information about the newest foods, updated facts about old favorites, and so much more in the book that takes the guesswork out of eating healthy at home or on the road. Whether you're cooking up a storm, trying one of the latest brand name foods, or planning a night on the town, here's the perfect guide for people on the go. **Hungry Girl**

Simply Comfort Lisa Lillien, 2022-10-04 From the 1 New York Times bestselling author Lisa Lillien *Hungry Girl* *Simply Comfort* is a cookbook completely dedicated to healthy comfort food made in an air fryer or slow cooker all under 400 calories From the author of the bestselling *Hungry Girl* cookbook series this new recipe collection is a must for anyone who loves decadent comfort food without the excess calories and unhealthy ingredients Fully illustrated with a four color photo of every recipe included Get ready for cozy favorites like satisfying make ahead breakfasts hearty soups stews chilis classic casseroles childhood favorites steaks pork chops crispy chicken meatloaves mashed potatoes indulgent cakes pies cobblers Not to mention 70 recipes with 5 ingredients or less 85 recipes in 30 minutes or less 70 vegetarian recipes 90 gluten free recipes No air fryer or slow cooker No problem This book includes everything you need to know to make these recipes with a traditional oven Eating well has never been easier or more delicious

The Fast Lane Diet Dottie Dekko, 1985 **The NutriBase Guide to Carbohydrates, Calories, and Fat** NutriBase, 2001-11-12 Dieters everywhere are reducing carbohydrate consumption and this book is the perfect tool to accompany any low carb plan Also useful for diabetics

Diet Watchers Cookbook Barbara Gibbons, 1978 For dieters who love to eat the *Diet Watchers* cookbook takes you back to the kitchen for Cheese Blintzes Spaghetti and Meatballs Protein Packed Pizza Cream Puffs and a feast of other dishes usually forbidden dieters The secret of losing weight while enjoying delicious food is revealed by the author

The Cholesterol Content of Food Corinne T. Netzer, 1992 Now the cholesterol content of our favorite foods is easily accessible with this comprehensive guide Includes listings of fast food restaurant items brand name foods fresh and frozen foods and extensive entries under beef cheese chicken and fish in all their varieties Netzer is recognized as an authority on nutrition

The Complete Book of Food Counts Corinne T. Netzer, 1994 Whether you are counting your calories carbs or fat grams watching your cholesterol intake or boosting fiber *The Complete Book of Food Counts* is the ultimate one volume reference providing the latest most accurate information on the largest possible variety of foods You can depend on the accuracy and inclusiveness of this bestselling resource to provide all the essential counts for generic and brand name foods fresh frozen and fast food items even gourmet and health foods *The Complete Book of Food Counts* is completely revised and updated for the sixth edition containing thousands of new listings including a variety of ethnic foods You ll find Calorie counts Carbohydrate grams Cholesterol milligrams Sodium milligrams Protein grams Fat grams Fiber grams PLUS A conversion table for weight and capacity measures Alphabetized listing for easy reference And much much more From A to Z all the nutritional information you need is here whether you are navigating the supermarket aisles or poring over recipes in your kitchen It s the ultimate gift for yourself and your family the gift of knowledge of choice of good health

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