



Tanita Tbf 611 User Guide

Allan Borushek



Tanita Tbf 611 User Guide:

The Doctor's Pocket Calorie, Fat & Carbohydrate Counter Allan Borushek, 1999-11 Color edition updated for 2000 A user friendly directory of nutritional information for calories fat carbohydrates sodium cholesterol calcium protein iron alcohol and caffeine plus up to the minute objective data on commercial food products and fast food A must for anyone trying to lose weight or adopt a healthier lifestyle One reviewer said It s definitely America s best calorie counter **Consumers**

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