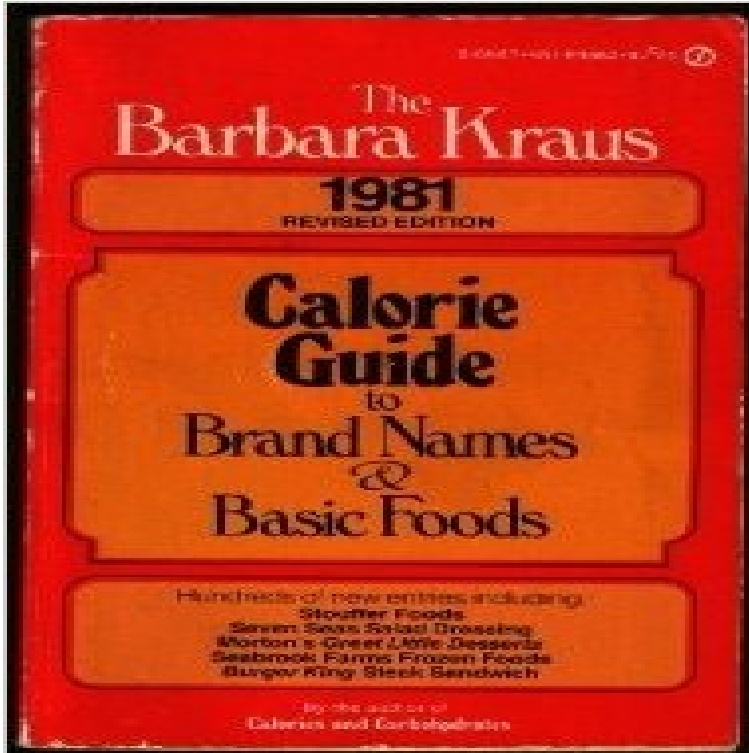


Barbara Kraus Calorie Guide To Brand Names and Basic Foods1981



An easy-to-use and comprehensive guide lists the caloric content of thousands of basic, brand-name, and ready-to-eat foods, including appetizers, soups, fruits, beverages, meats, and desserts.

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