



# The Corinne T. Netzer Carbohydrate Counter 2002: Revised and Updated 7th Edition

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**The Corinne T. Netzer Carbohydrate Counter 2002: Revised and Updated 7th Edition** Corinne T. Netzer  
Revised and Updated 7th Edition

- The most comprehensive collection of carbohydrate data available
- Featuring both generic and brand-name foods, plus your favorite fast-food items

The ultimate carbohydrate counter from America's #1 authority on the nutritional content of food, Corinne T. Netzer

It's the ultimate reference for the carbohydrate-conscious consumer — jam-packed with information to help you make the most informed choices about the foods you eat.

Whether you're restricting carbs or boosting them — or just trying to keep track of your daily intake — here is the book that puts you in control.

All the information you need is in these pages: an extensive, up-to-date list of the latest brand-name and generic foods, including fresh and frozen produce, dairy products, breads, grains, pastas, sweets, fast foods, and more.

Looking for a pre-workout snack? A healthy fast-food fix? A great idea for a special dinner? The Corinne T. Netzer Carbohydrate Counter, now fully revised and updated for the 7th edition, gives you the information you can trust.

So make that dinner of your dreams ... plan for the holidays without regrets ... take that cruise without fear. Discover true freedom — and knowledge — with the most comprehensive carbohydrate counter money can buy!

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