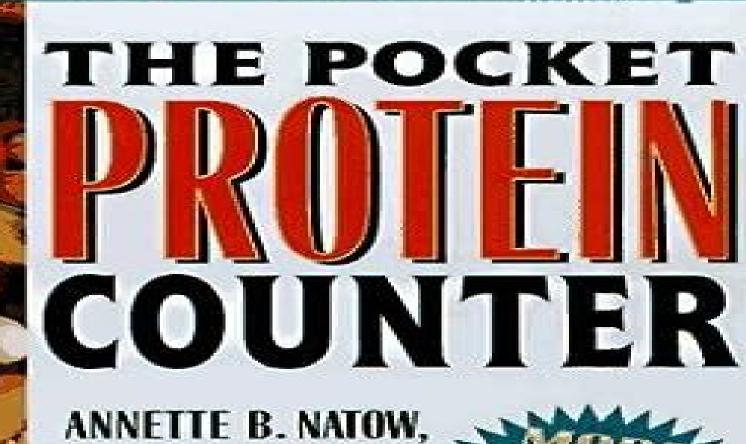
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Annette B. Natow, Jo-Ann Heslin, 2004 Contains statistics on cholesterol fiber and calories of brand name and generic foods as well as menu items in restaurant chains **The Healthy Heart Food Counter** Annette B. Natow, Jo-Ann Heslin, 2002-09 In this latest addition to the successful Natow Heslin Counter series the authors offer their trusted advice for getting and staying heart healthy With a sound workable blueprint for longevity and success this book provides individualized guidelines for handling personal risk listings for restaurant chains and takeout food and food counts for calorie sodium fat and cholesterol **Eating Out Food Counter** Annette B. Natow, 1998-09 From breakfast to dinner to late night snacks enjoy the fun convenience and variety of eating away from home with this essential and up to date guide

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