



The Calorie Counter

By Nolan, Karen J., Ph.D./ Heslin, Jo-Ann

Pocket Books, 2012. Paperback. Book Condition: New. 6 UPD REV. 10.8 x 17.14 cm. Two nutrition experts use the most up-to-date data available to dispel dieting myths and show how tracking calories helps with weight loss, in a volume that features calorie counts for over twenty thousand foods. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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