

# AT-A-GLANCE NUTRITION COUNTER

Whatever your eating habits—from sprouts and salad to meat and potatoes—the only nutrition counter you'll ever need!



CALORIES, PROTEIN, FAT, CARBOHYDRATES,  
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for BASIC FOODS plus

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Health Foods • Beverages & More

featuring

The Comprehensive Food Rating System  
That Works AT-A-GLANCE

## PATRICIA HAUSMAN

# At A Glance Nutrition Counter

**R Pring**



**At A Glance Nutrition Counter:**

Embark on a transformative journey with his captivating work, **At A Glance Nutrition Counter**. This enlightening ebook, available for download in a convenient PDF format, invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights.

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