Food For Free Collins Gem Richard Mabey

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With over 700,000 copies sold, Collins Gem Calorie Counter is the UK's top-selling calorie counter. This improved edition takes in new areas: Kids' food (is your child eating a balanced diet?), Fast Food (how much do you need to burn off after that Big Mac?) and Family Favourites (will my shepherd's pie break the calorie bank?) Controlling calorie intake is one of the most effective ways of dieting. The Gem Calorie Counter, by detailing information on thousands of foods and food products, provides the most comprehensive coverage for a book of this size. In addition to calorie content for each entry, details are also given of the amount of protein, carbohydrate, fat and dietary fibre, helping you to plan a balanced diet. Rather than the single alphabetical listing used in previous editions, the contents are now organised by types of food -- for example Fish, Flour and Baking, Fruit and Vegetables and Jams. This makes it easier to find what you are looking for and to compare similar foodstuffs and products. Gem Calorie Counter is the ideal companion for the weight-conscious shopper.

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Traditional Chinese edition of Dennis Lehane's Prayers for Rain. This Boston mystery visits the issue of our moral conscience which is more often gray than black and white. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

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The ideal portable companion, the world-renowned Collins Gem series returns with a fresh new look and updated material.
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