

1/-

COUNT YOUR CALORIES

SALE
D



OVER 2000

FOOD LISTINGS



INDEXED



FROM A TO Z



ACCURATE COUNTS

FOR INSTANT REFERENCE



CALORIES DO COUNT

...no matter how you may disguise, rationalize, or ignore them. Calories do indeed count, and if you're concerned about your weight, you must, of course, count calories. That's why you bought this little book; that's why it was published—to make calorie counting quick, easy, simple. □ However, no matter if you wish to shed excess girth or gain additional pounds, a knowledge of food and nutrition—as well as a knowledge of calories—belongs in your weight control program. Why? Because with this knowledge, dieting is safer, more likely to be pleasant than painful. For example, every dieter should know...

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IN THIS LITTLE BOOK
YOU CAN TAKE EVERY-
WHERE — ACCURATE
LISTINGS FOR OVER
2000 FOODS (INCLUD-
ING 80 ALCOHOLIC
BEVERAGES); SPECIAL
SECTIONS FOR FOODS
WITH LITTLE OR NO
CALORIES; 50-CALORIE
FOODS; 100-CALORIE
FOODS. PLUS WEIGHT
CHARTS FOR MEN AND
WOMEN * * * * *