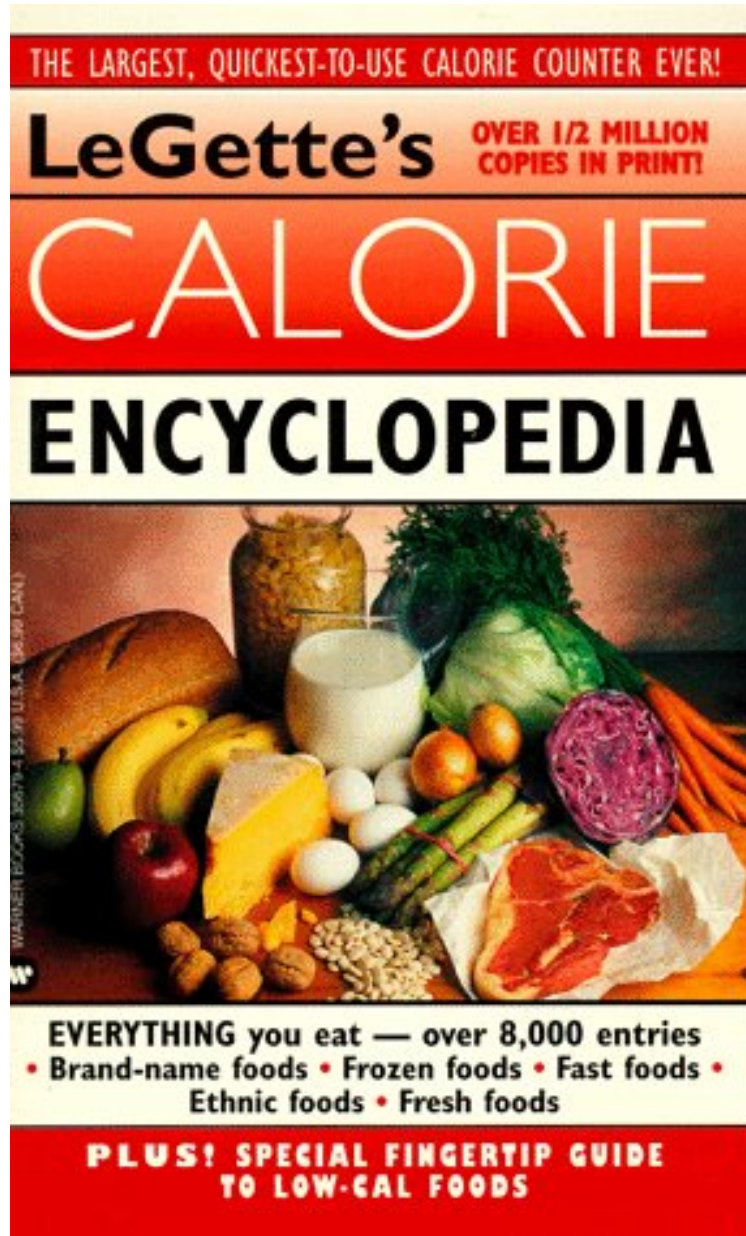


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Eliminating the guesswork in calorie counting, this quick and easy calorie counter makes tallying up the day's calorie intake simple. It covers everything from condiments, sauces and toppings to main courses, fast foods, frozen foods, ethnic foods and snacks. Also includes a Low Calorie Guide for dieters.