



## Calories

By Pooja Malhorta

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Calories, Pooja Malhorta, Healthy eating is healthy living. How true! But few amongst us rarely adhere to it as we sip on coke and dig into a packet of crisps. Guiding the calorie-conscious through weight management and nutritive value of food, this book weaves in several health tips and sumptuous recipes too. It is a must-read for all those diet-watchers.



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