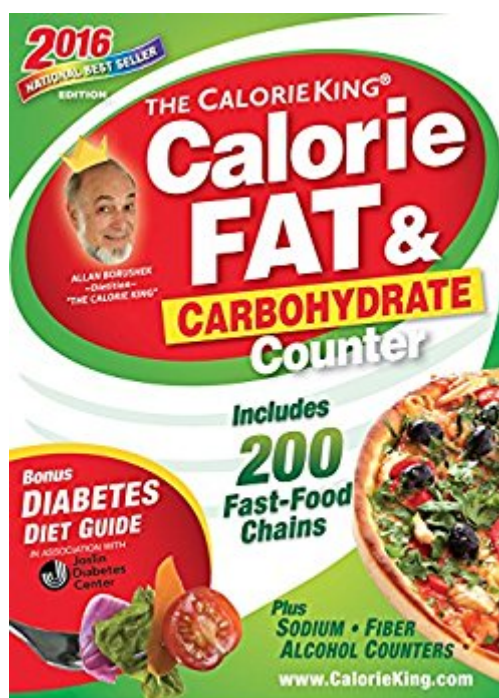


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The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition



Synopsis

Control Your Weight With America's #1 Calorie Counter To control your weight, you need to be aware of what you're eating. The CalorieKing Calorie, Fat & Carbohydrate Counter is the most accurate food guide available. It is the most recommended book of its kind by health professionals and has sold over 15 million copies. America's #1 calorie counter is Fast, because it's fully searchable. Up to date; with several updates per year, you'll always have the latest information at your fingertips. Comprehensive, with tens of thousands of foods, 200 restaurant chains and bonus guides. Handy; two indexes (by category and A-Z) make it easy to find what you're looking for. Easy to read, thanks to zoomable text and colorful listings (on most devices). The best of its kind; with over 15 million copies sold, this book has been recommended by health professionals for 25 years and receives the highest reader rating of all similar books. The 2016 CalorieKing Calorie, Fat & Carbohydrate Counter is a practical, simple & safe guide to the calorie, fat and carbohydrate content of tens of thousands of foods. Written by health educator and dietitian Allan Borushek. This bestselling book of food counts is the most up-to-date and accurate of its kind. No wonder it's been trusted and recommended by health professionals for 25 years and receives the highest reader rating of all similar books of food counts! Most useful guide With more than 200 fast food and restaurant chains and unique listings for food courts, theaters, carnivals and much more, the 2016 edition is the most comprehensive and useful food guide available. The color-coded listings make it easy to compare foods at a glance and discover hidden calories, fat and carbohydrates. You'll know which foods to avoid and you'll know which ones you can eat to accomplish your weight and health goals! Plus, you'll find useful guides and bonus counters for; alcohol caffeine fat & cholesterol fiber protein iron sodium and informative reference sections on; diabetes weight management osteoporosis and high blood pressure. Get your 2016 Calorie, Fat & Carbohydrate Counter now!

Book Information

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Customer Reviews

I bought the book first because of health issues I need to keep track of certain nutrition counts, and I liked the size of the book - I can take it with me easily. It gives me all the information that I'm looking for right now. It takes sometime to figure out where to look up items, but it gets easier as I've used it. I am pleased with my purchase, it was what I was looking for.

This is a great book, full of helpful information!

This is an excellent book. It has pretty much every and any modern product I could think of. And that also includes Fast food places as well as restaurant food. If you don't know this is a smartphone app as well so you can get the app too if you prefer.

one of the best books to get your fats, calorie and carb counts. nice section in the back for fast foods and they carry enough information on items hard to find in other books. Well researched and have purchased this book thru the years. I keep updating my books as they add more information all the time. Great size to carry and easy format to find what your looking for. This has be repurchased by me several times.

Best book I have found to figure out the carbs. Used by my dietician at the hospital where I took my diabetic class.

This book is a must for people who are diabetics and counting carbs. Further, great for people

watching their sodium and/or fat consumption, people who just want to know what they are eating, people who want to make healthy decisions in their eating habits. This book contains the breakdown of national chains, like McDonald's or Burger King. It's all there in a pocket size (larger pocket), book that is easily carried. It tells you the calories of the main offerings of fast or regular food eateries. Regular and/or brands of food. It even has an Ethnic eating breakdown! If you want to count your calories that is also listed with its own column, with amounts of sodium, carbohydrates, and fats in columns next to it. It has opened my eyes to the carbs in food. The Ethnic eating section has been a big help as well. I highly recommend this book to everyone! The amount of information and the easy to see columns next to the food listed is helpful.

The 'go to' reference for insulin dosing for insulin:carb ratios. Nice to have the little one in my purse, and large print for at home (I'm homebound most of the time, so appreciate the larger print edition).

This is a great book. It has almost anything you are looking for in it. It is arranged in categories so you can find things quickly. I really love the restaurant section. It helps in making the decision of what to order when dining out a lot easier. I think pretty much everyone can find something in this book useful. I might order another one just to keep one in the car for traveling. Don't just get yourself one. Get one for a family member, a neighbor or a friend. They will be able to use it too!

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