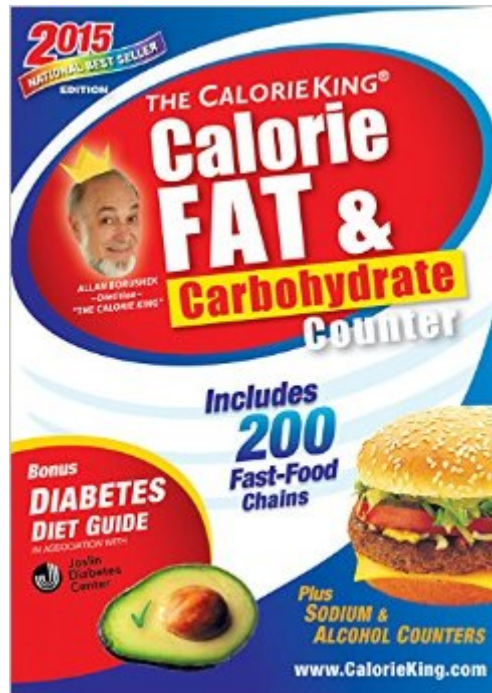


The book was found

The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition



Synopsis

2015 CalorieKing's Calorie, Fat & Carbohydrate Counter is a practical, simple & safe guide to the calorie, fat and carbohydrate content of tens of thousands of your favorite foods by Allan Borushek, health educator and registered dietitian. Tens of thousands of food listings. Building on CalorieKing Counter's 24 years as the bestselling book of food counts, this edition has more up-to-date fast food and restaurant chain listings than any similar book with more than 200 fast food and restaurant chains, plus unique listings for food courts, theaters, carnivals and much more. 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. Better yet, you'll know which ones you can eat and still accomplish your weight and health goals. The CalorieKing Counter is the #1 seller and receives the highest reader rating of all similar books of food counts. More than just the best book of food counts, the 2015 CalorieKing Calorie, Fat & Carbohydrate Counter includes helpful nutritional guides and tips on how to reduce calories, fat, and carbohydrates and how to lose weight. Plus, you'll find useful guides and bonus counters for alcohol, caffeine, fat & cholesterol, fiber, protein, iron, and sodium and informative reference sections on diabetes, weight management, osteoporosis and high blood pressure.

Book Information

Paperback: 288 pages

Publisher: Family Health Publications; Poc edition (September 30, 2014)

Language: English

ISBN-10: 1930448600

ISBN-13: 978-1930448605

Product Dimensions: 5.8 x 4.3 x 0.6 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (275 customer reviews)

Best Sellers Rank: #184,286 in Books (See Top 100 in Books) #141 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #2176 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

When he was 15, my son was diagnosed with Type 1 Diabetes. This means we have to count carbs. The hospital recommended The CalorieKing book for counting carbs, and it really is a great book. This original book is a small paperback size, with print to match. It's OK with my reading

glasses, but I was overjoyed to find that they publish a larger print edition, also. This is a review of the 2015 regular print edition. The Larger Print Edition isn't the LARGE print that you see in a large-print novel. But it is LARGER print. The size of the larger print book itself is a little bigger than the regular CalorieKing edition, but it's still paperback book size. Both are easy to store in a purse or glove compartment or backpack. size regular print 6 7/8 " x 4 1/4 " size larger print 7 1/4 " x 5 1/4 " Both books are the same thickness, a shade over 1/2" CalorieKing deserves its reputation for thoroughness. The main reason you'd need updated editions of it is if you eat out a lot. It can be very difficult to estimate carbs in restaurant food. Each year's updated menus of the larger fast food and restaurant chains are welcome. But as far as grocery food, the apple and broccoli carb counts won't change from year to year, and packaged groceries will always have a label telling, among other things, how many carbs per serving. Though we use this book for carb counting, for each item you are given three values: the total calories, the total grams of fat, and the total grams of carbohydrates.

Examples:.....Calories.....Fat.....Carbs
Arby's: Chicken -Chicken Bacon & Swiss: Crispy.....600.....27.....

[Download to continue reading...](#)

Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2014: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger Print Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2017 The CalorieKing Calorie, Fat, & Carbohydrate Counter 2012 Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) Pocket Calorie Counter, 2016 Edition FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups:

(low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits: (low carbohydrate, high protein, low carbohydrate foods, low ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet)
Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)