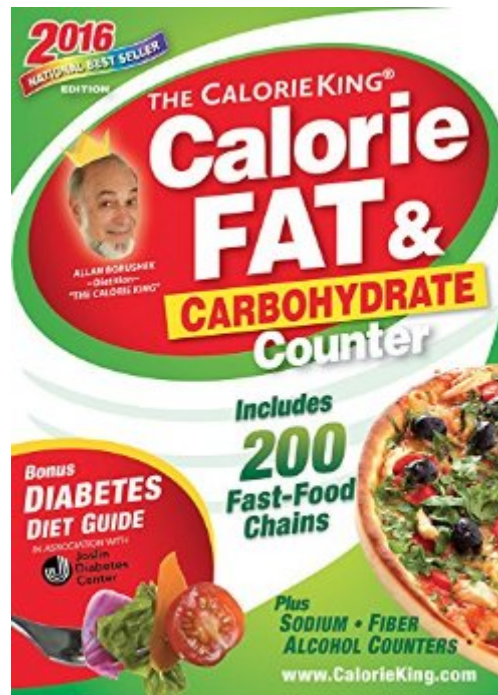


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The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition



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

File Size: 8328 KB

Publisher: Family Health Publications (December 22, 2015)

Publication Date: December 22, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B019PUAUUK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #17,949 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #20 in Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #47 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Loss

Customer Reviews

Handy book. Covers most of the common foods that I eat as well as the places I like to eat out at. Only thing that would make it better is if they put the salt info on the same page as calorie and fat and carbs. To me, some foods have so much salt that even if they are lower in calories and fat I will pass on them as salt triggers headaches for me.

Not great, but adequate. Difficult to search, not much info per listing. More info on name brand items as opposed to food for ingredients for home cooked dishes. So not really practical for the home dietician coming up with their own diet or personalized recipes.

This is such a handy tool for counting my carbs and calories intake, I have it on my Kindle, but I have owned the book as well. I would highly recommend this to anyone trying to lose weight, great reference tool!

This book is the best and easiest to check the carbs in most products. I bought this book years ago and this copy was to update the product list on carbs. You can quickly look up anything, it has a listing for whatever I was looking for.

A person can find any food they need in this book. You have chain stores, restaurants and all the food groups a person needs information from. It gives portion sizes, calories, carbohydrates, and information. Many diabetic doctors recommend this book. It comes printed or on your smart device. Buy it, you will never be sorry.

The book is good but I have the Kindle version so it is a little harder to find what you are looking for.

But it appears to be accurate and does a good job You can tell the author spent a lot of time writing this book. I am sorry the Taco Bell bean burritos were so high in calories tho !

There is a lot of good information here, however there is also a lot of information that is hard to get to. When I needed to get to the protein and fiber sections I had to find it at the end of the fast food section, I was not able to punch it in search and go directly to the section, and I am having trouble finding some of the tables at the beginning of the book.

I was so excited to get this book to help me manage my diet the few times a month I eat out, but while looking for Jack in the Box calorie count information for two tacos (which are sold for \$.99 for two) there was no information on tacos at all. I could understand this being left out if this were not such a popular menu item, but is popular, at least where i live it is. I began to check other items and compare them against the restaurant website and found that many items in the book have a slightly different calorie count than what is listed on the website. I realize that restaurants update their information and this is probably what happened here. It's leaving the taco information out of the book that has earned this a one star rating. Jack in the box is the only restaurant that I have compared so far. This book is useless to me if it doesn't list foods that I frequently eat while dining out.

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