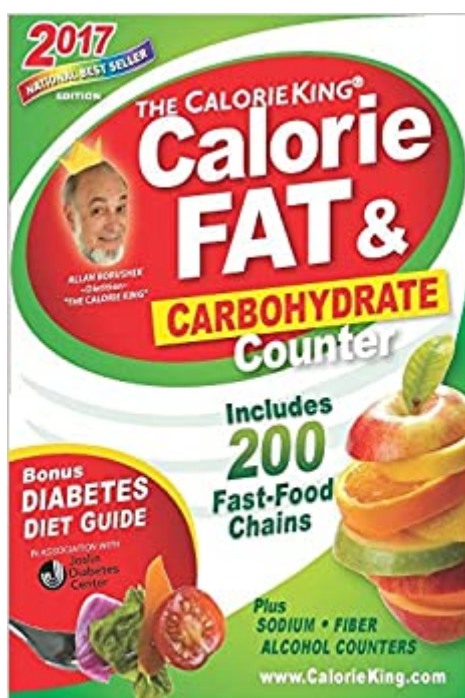




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The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Pocket-Size Edition



Synopsis

The CalorieKing Calorie, Fat & Carbohydrate Counter 2017--a simple, safe, practical and effective guide to a healthy and lasting weight loss. Consistently receives highest reader rating in category " .com Top 100 Best-Selling Diet Books Most recommended calorie, fat & carb counter by diabetes educators, dietitians and health education clinics Most up-to-date food data listings, surpassing all other books and apps for accuracy As featured in HBO's 'Weight of The Nation' Preferred calorie counter of past Biggest Loser Coaches Category Winner ~ National Health Information Awards Ranked #1, receiving highest reader rating for books in similar category by .com readers Outsell all other food counters 5 to 1 in major bookstores and .com Updated editions have outsold every book in category in all markets for more than 13 years. First edition was published in 1984. Whether you want to lose weight, keep track of carbohydrates to help manage your diabetes, reduce other diet-related health risks, or just want to make healthier eating choices, the CalorieKing Calorie, Fat and Carbohydrate 2016 is your best choice. It is a national best-seller, and favorite among both consumers and health care professionals. Start making healthier choices today with the CalorieKing convenient and reliable guide. Take it everywhere; look up foods before you eat, when eating choices count the most! The CalorieKing Counter makes it easy to know which foods to avoid. Better yet, provides options to help you make healthier choices to accomplish your weight and health goals. 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 features: A "book-within-a-book": Menu items from 200 fast food chains and restaurants - the most comprehensive available, plus a unique Eating Out section that includes international, carnival, fair, stadium, and movie-theater foods. 17,000 food listings, both brand name and generic - researched meticulously and regularly updated by the CalorieKing team of dietitians and food researchers. Useful guides and bonus counters for: Alcohol, caffeine, fat & cholesterol, fiber, protein, iron, and sodium. Several informative reference sections on weight management, plus a section on diabetes co-authored with the world-renowned Joslin Diabetes Center. Color-coded nutrient listings to make it quick and easy to find your favorite foods. (Allan Borushek)

Book Information

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Customer Reviews

Allan Borushek is a dietitian and health educator with over 30 years' experience in clinical dietetics and community health education. He is the founder of Australia-based Family Health Network, parent of CalorieKing Wellness Solutions, Inc. Mr. Borushek has authored and published several books on weight control, heart disease prevention and diabetes. Mr. Borushek is best known for his 'Top 100' annual best-seller, CalorieKing's Pocket Calorie, Fat & Carbohydrate Counter, which has sold more than 15 million copies.

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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