



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

Allan Borushek

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2015 CalorieKing™ 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.

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From reader reviews:

Troy Harlow:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition can be very good book to read. May be it may be best activity to you.

Sonya Ewing:

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition, you could enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

Anna Raynor:

The book untitled The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition contain a lot of information on that. The writer explains the girl idea with easy way. The language is very clear to see all the people, so do not necessarily worry, you can easy to read this. The book was published by famous author. The author gives you in the new period of literary works. You can read this book because you can continue reading your smart phone, or program, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice examine.

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