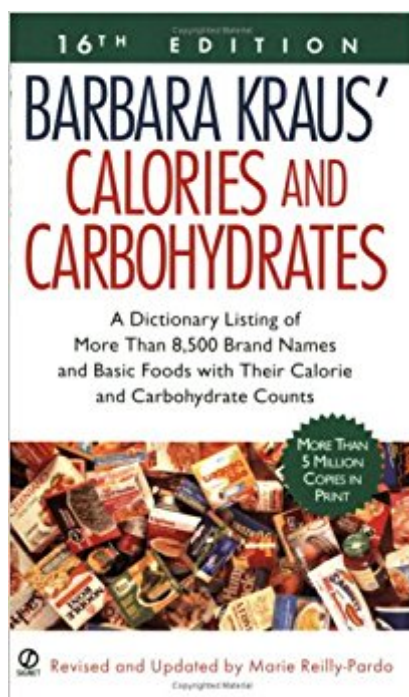


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# Barbara Kraus' Calories And Carbohydrates: (16th Edition)



## Synopsis

Barbara Kraus' Calories and Carbohydrates is the classic calorie and carbohydrate counter.

## Book Information

Series: Calories and Carbohydrates

Mass Market Paperback: 512 pages

Publisher: Signet; 16 Revised edition (January 4, 2005)

Language: English

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Product Dimensions: 4.2 x 1.4 x 6.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #138,768 in Books (See Top 100 in Books) #120 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#) #1236 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

Most of these books list portions by size, like 1/2 cup of cantaloupe or 1 medium orange. What is a "medium" orange? What if the cantaloupe is a wedge (and thus does not fit into a measuring cup)? I searched for a book that gave calorie counts by the ounce or the gram. This book is the closest I have found. It does give calories by weight, but not by the ounce/gram. For example, for "orange", it gives a calorie count for 1 pound of oranges with the skin on. It also gives a calorie count for 8.5 ounces of segments. I would recommend this book over the other calorie counters I have found, but if you are also counting fat, you will have to supplement it with another book, as this book only gives calorie and carbohydrate counts.

I was looking for a book that would give me calorie values for foods that don't have packages. Like how many calories are there in a grilled cheese sandwich? Well, you certainly won't find that in this book. It is filled with pages and pages of calorie values for foods. And 90% of them have brand names attached. 5 pages of listings for ice cream! It would take you 10 minutes to find the brand you have at home. Better to just read the back of the container. It does have some USDA listings - such as ground beef - which are very helpful, but you have to wade thru so much other stuff that it's very hard to use. Not to mention that some of the information is horribly out of date. ie: Teenage

Mutant Ninja Turtles Cereal!?!If you want to find out which brand of ice cream has the lowest calories, I can see how this book would be useful, but given the out of date references you'd probably be lucky if you found it at the store anyway.

I bought the second edition in 1973, before the labels that are now on all packaged foods and have used it for 30 years. I've had the book longer than I've had my husband (and it's been worth a lot more as well! LOL!). Yes, you can get the information from the packaging on most things, but since oranges and pork chops don't come with labeling, the information is still valuable to those of us who cook from scratch and don't eat everything out of a box. I recommend this as a handy tool to anyone who is interested in counting calories in their quest to maintain their healthy weight.

I have the original printing of this book which finally has worn out , so I replaced it. I have yet to find a more helpful book for any dieter. It is invaluable.

My husband is a type 2 diabetic. The nutritionist at a large local hospital told us to get this book to help him count his carbohydrates. Well, what she didn't say was that he also needed to cut his carbohydrates. I put together a program for my husband that cut his carbs. We used this book daily to help my husband lose 80 pounds ten years ago (and to lose another 20 pounds last year for a total weight loss of 100 pounds - an he has never gained it back). Within 3 months on our program, he came off of 43 units of insulin a day, totally eliminated the severe neuropathy in both his feet that for 15 years limited his walking to less than 75 feet at a time and eliminated the pain medication (Neurontin) that he had been taking all those years to relieve the pain from that neuropathy. He has been in 2 5K races (walking) and has enjoyed great health and vitality for the past 10 years. He is now 73 years old and feels like 43! This book was one of the guides we used in our program How We Beat Diabetes. We share our story with diabetics where ever and when ever we can. We always recommend to our audience that they purchase Barbara Kraus' Calories and Carbohydrates book. This book along with Dr. Richard Bernstein's book, Diabetes Solution (which we also bought at ) helped my husband regain his health and wellness. I HIGHLY recommend this book!

I've used an earlier edition of this book for about 30 years. For me, the thing that sets it above other calorie counting reference books is that things are simply arranged alphabetically: trout is under "T" and salmon is under "S" -- they are not under "F" for fish. Other calorie counters drive me nuts because you have to figure out what category something will be indexed under rather than just

turning to that item's alphabetical listing. This has much more than "brand name" items. When I was making chicken soup yesterday, I could find each ingredient from the raw, whole chicken to the rutabaga I threw in, to add up the total calories in the pot. I'm happy it is still in publication as it's time to replace my badly worn copy! Excellent tool!

I discovered this book when I was in college. Everytime I have needed to or wanted to lose weight I have used this book. I like that it gives you a weight amount when giving the caloric and carbohydrate content; therefore, you don't have to guess what is meant by a small apple. I have tried other books of this type and I always come back to this one. It is the best book of its type.

This book is an excellent tool to give you a general idea of the calories of food. I have found it to be quite comprehensive and am losing 2lbs per week now using this book.

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