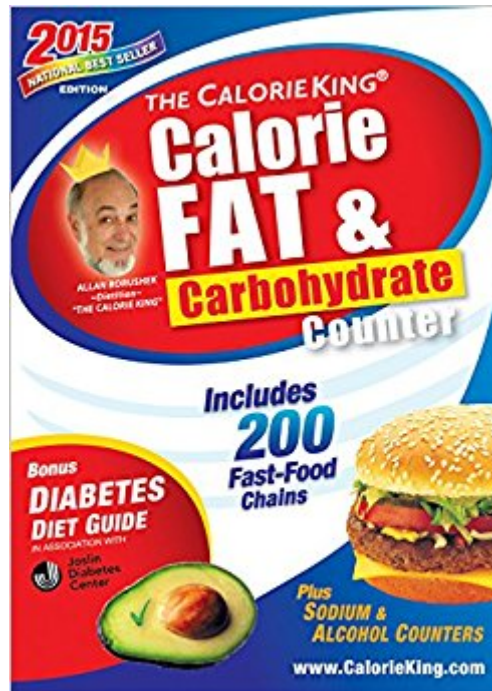


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The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition



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

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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.....

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