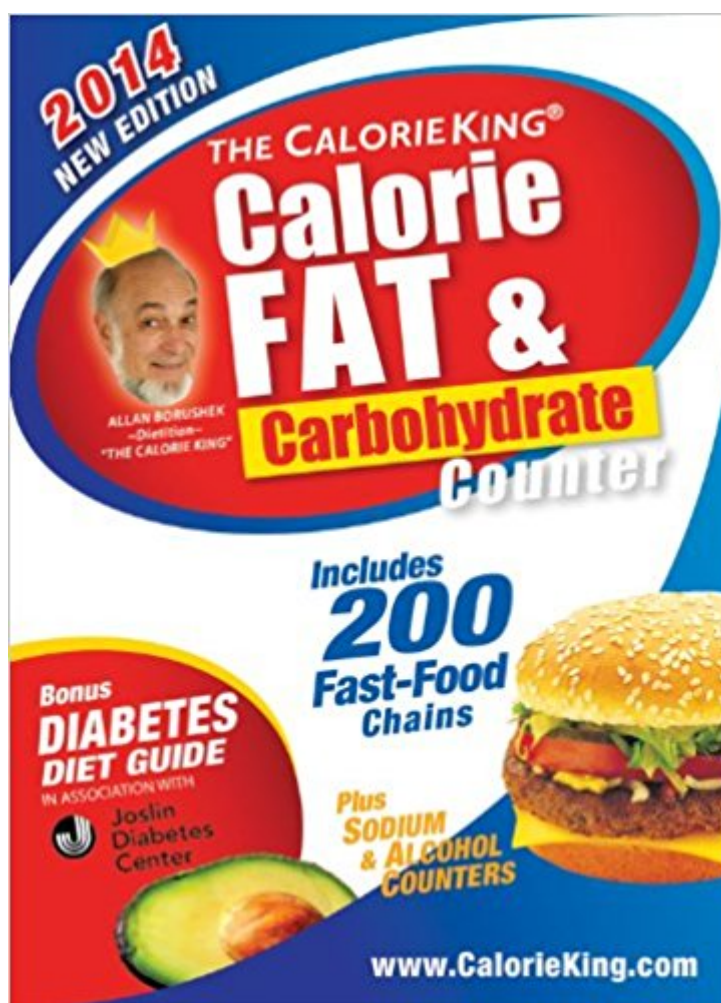


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The CalorieKing Calorie, Fat & Carbohydrate Counter 2014: Pocket-Size Edition



Synopsis

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... Up to date; with several updates per year, you'll always have the latest food information. Comprehensive, with tens of thousands of foods, 200 restaurant chains and bonus guides. Easy to read, thanks to thousands of photos and colorful listings. 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 2014 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 2014 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 2014 Calorie, Fat & Carbohydrate Counter now!

Book Information

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Customer Reviews

A couple years ago, 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. The 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 2014 Larger Print Edition. The Larger Print Edition isn't the LARGE print that you see in a large-print novel. But it is LARGER print, and I really appreciate it. The size of the larger print book itself is a little bigger than the regular CalorieKing edition, but it's still paperback book size. 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 it's 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 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. To give you an example of what a lifesaver CalorieKing is, I took a trip last year with my son, traveling by air. It was fantastic to just look in this book and total the carbs as he ordered a meal from Arby's in the airport food court. It couldn't have made it easier!

A year ago, 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. The 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. The Larger Print Edition isn't the LARGE print that you see in a large-print novel. But it is LARGER print, and I really appreciate it. The size of the larger print book itself is a little bigger than the regular CalorieKing edition, but it's still paperback book size. 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 it's 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 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. To give you an example of what a lifesaver CalorieKing is, I took a trip last year with my son, traveling by air. It was fantastic to just look in this book and total the carbs as he ordered a meal from Arby's in the airport food court. It couldn't have made it easier! 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.

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