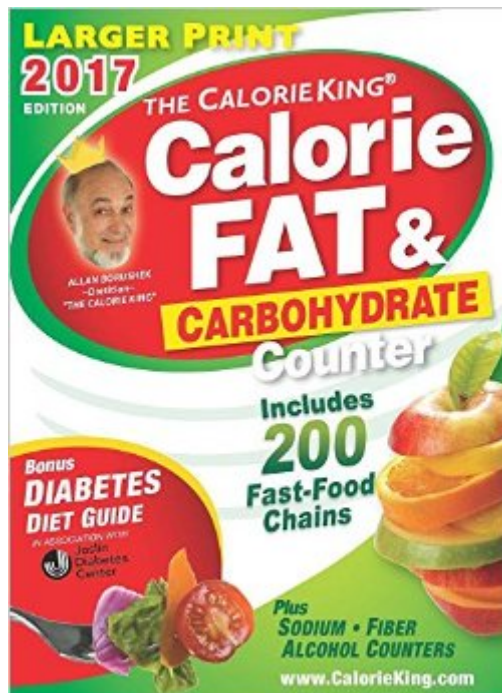


The book was found

The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger Print Edition



Synopsis

The CalorieKing Calorie, Fat & Carbohydrate Counter 2017--a simple, safe, practical and effective guide to a healthy and lasting weight loss. The larger print edition has the same features and is growing in popularity because of the easier-to-read larger print. 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 2017 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:

Easier-to-read larger print 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

Mass Market Paperback: 288 pages

Publisher: Family Health Publications; 2017 edition edition (October 1, 2016)

Language: English

ISBN-10: 1930448686

ISBN-13: 978-1930448681

Product Dimensions: 5.4 x 0.6 x 7.9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviewsÂ (1,588 customer reviews)

Best Sellers Rank: #14,684 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #214 inÂ Books > Health, Fitness & Dieting > Nutrition #323 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

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.

[Download to continue reading...](#)

The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger Print Edition Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) The CalorieKing Calorie, Fat & Carbohydrate Counter 2017 The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2015: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2014: Pocket-Size Edition The CalorieKing Calorie, Fat, & Carbohydrate Counter 2012 Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21

Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits: (low carbohydrate, high protein, low carbohydrate foods, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Ketogenic Diet: The Ketogenic Vegetarian Diet: Top 35 Incredibly Delicious Low Carb High Fat Recipes To Re-Gain Your Strength (low carbohydrate, high protein, ... low carbohydrate foods... Ketogenic Diet)

[Dmca](#)