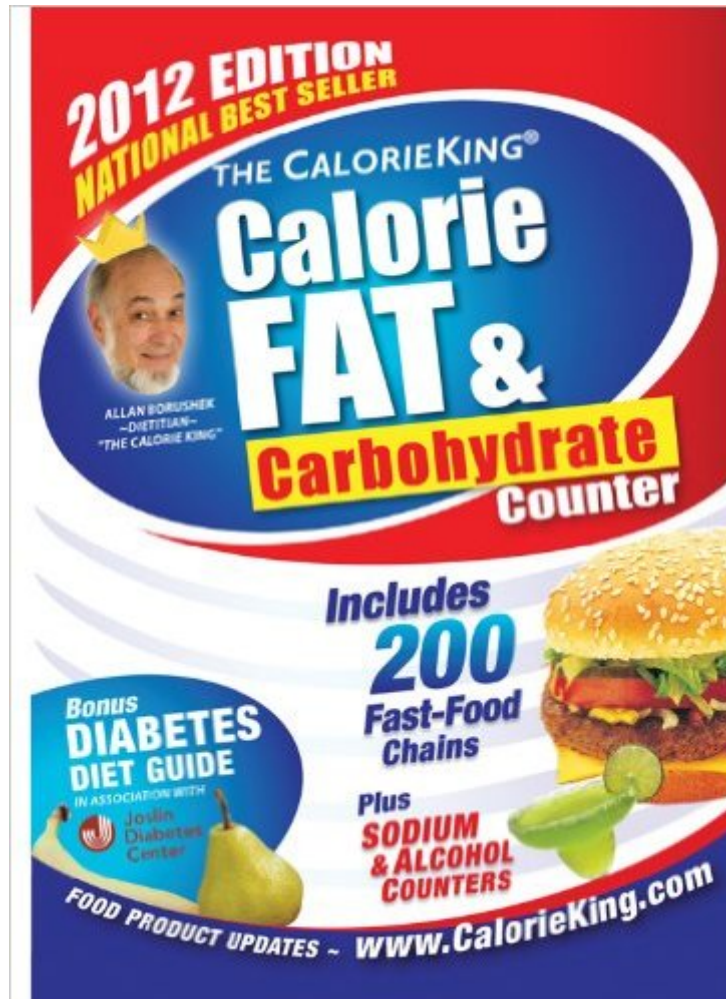


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# The CalorieKing Calorie, Fat, & Carbohydrate Counter 2012



## Synopsis

AMERICA'S #1 CALORIE COUNTER - AS SEEN ON HBO TV SERIES "Weight Of The Nation" (Episode 2, 11 minute mark) 2012 CalorieKing Calorie, Fat & Carbohydrate Counter -- 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. Building on CalorieKing Counter 25 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. The book also includes helpful nutrition guides and diet tips on how to reduce calories, fat and carbohydrates and how to lose weight. Plus as a bonus you will find useful mini diet guides and counters for: Alcohol, caffeine, fat & cholesterol, fiber, protein, iron, and sodium plus informative reference sections on diabetes, weight management, and high blood pressure. The book is used and recommended by dietitians, diabetes educators and other health professionals. It is the most trusted book of its kind.

## Book Information

Series: Calorieking Calorie, Fat & Carbohydrate Counter

Paperback: 288 pages

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Product Dimensions: 5.8 x 4.3 x 0.6 inches

Shipping Weight: 9.6 ounces

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

Best Sellers Rank: #421,265 in Books (See Top 100 in Books) #271 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #2655 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #3901 in Â 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 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 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 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 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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