



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

Allan Borushek

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

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