



# The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Pocket-Size Edition

*Allan Borushek*

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**The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Pocket-Size Edition** Allan Borushek

The CalorieKing Calorie, Fat & Carbohydrate Counter 2017--a simple, safe, practical and effective guide to a healthy and lasting weight loss.

- Consistently receives highest reader rating in category – Amazon.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 Amazon.com readers
- Outsell all other food counters 5 to 1 in major bookstores and Amazon.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 2016 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:

- 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.

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#### **Martina Lassiter:**

Reading can called mind hangout, why? Because when you find yourself reading a book particularly book entitled The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Pocket-Size Edition your mind will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely can become your mind friends. Imaging every single word written in a guide then become one web form conclusion and explanation in which maybe you never get prior to. The The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Pocket-Size Edition giving you yet another experience more than blown away the mind but also giving you useful details for your better life on this era. So now let us explain to you the relaxing pattern the following is your body and mind will probably be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary spending spare time activity?

#### **Donald Freeman:**

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