

The CalorieKing Calorie, Fat & Carbohydrate Counter 2010 (larger print edition) (Calorieking Calorie, Fat & Carbohydrate Counter (Larger Print Edition))



Need a quick way to check the calories, carbohydrates and fat content of your favorite food and drinks? You'll find all the information you need to lose weight, manage diabetes and eat healthier in this convenient and reliable book. With the CalorieKing Counter, it's easy to compare foods at-a-glance and find 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. Take it everywhere; look up foods before you eat, when eating choices count the most! This book is the favorite choice of consumers as well as health care professionals. With more than 15M copies sold, the CalorieKing Counter has received the highest average reader-review of all counters and similar books. Now better than ever, building on the book's success and feedback from our readers, the 2010 edition includes nutritional guides and weight control tips with the most current and accurate calorie, fat and carbohydrate counts of more than 14,000 foods, both brand name and generic. A book-within-a-book is the Fast Food and Restaurant Chain section, listing menu items from 200 chains more than any other counter! Plus, you'll find a unique Eating Out section that includes international cuisines as well as carnival, fair, stadium, and movie-theater foods. The book is in full color and has been designed with color-coded listings and food images for quick and easy referencing.

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Building on CalorieKing Counters 21 years as the bestselling book of food counts, this edition has more up-to-date fast food **Calorieking Calorie, Fat and Carbohydrate Counter (Larger Print** Fat & Carbohydrate Counter 2011 Larger Print Edition (Calorieking Calorie, Fat & Carbohydrate Counter Publisher: Family Health Publications, 2010. **USED (GD) The CalorieKing Calorie, Fat & Carbohydrate** The Calorieking Calorie, Fat, & Carbohydrate Counter by Allan Borushek, Paperback Calorieking Calorie, Fat & Carbohydrate Counter (Larger Print Edition) **Audiobook The CalorieKing Calorie, Fat Carbohydrate Counter** The CalorieKing Calorie, Fat & Carbohydrate Counter 2014: Larger Print Edition (Calorieking Calorie, Fat & Carbohydrate Counter (Larger Print Edition)). **The Calorieking Calorie, Fat & Carbohydrate Counter : Allan** The Calorieking Calorie, Fat & Carbohydrate Counter by Allan Borushek, The larger print edition has the same features and is growing in popularity because **ISBN 9781930448643 - The Calorieking Calorie, Fat - upcitemdb** Jun 5, 2017 Audiobook The CalorieKing Calorie, Fat Carbohydrate Counter 2010 (larger print edition) (Calorieking Calorie, Fat Carbohydrate Counter : **Calorieking Calorie, Fat & Carbohydrate Counter or** Jan 2, 2017 - 16 secPre Order The CalorieKing Calorie, Fat, Carbohydrate Counter 2012 Larger Print Edition **The Calorieking Calorie, Fat, & Carbohydrate Counter : Allan** 10 large peanuts [55 calories] 20 small peanuts [55 calories] 1 tablespoon non-diet salad and The CalorieKing Calorie Fat & Carbohydrate Counter 2009. **The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger** More editions of The CalorieKing Calorie, Fat & Carbohydrate Counter 2010 (larger print edition) (Calorieking Calorie, Fat & Carbohydrate Counter (Larger Print **The Calorieking Calorie Fat And Carbohydrate Counter 2017 Larger** By? 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