



The CalorieKing Calorie, Fat & Carbohydrate Counter 2010

Allan Borushek

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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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On this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become one of it? It is just simple way to have that. What you have to do is just spending your time very little but quite enough to experience a look at some books. Among the books in the top checklist in your reading list is usually The CalorieKing Calorie, Fat & Carbohydrate Counter 2010. This book that is certainly qualified as The Hungry Inclines can get you closer in turning into precious person. By looking way up and review this publication you can get many advantages.

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