

# Calorie King Carbohydrates Counter

Allan Borushek

**Calorieking Larger Print Calorie, Fat & Carbohydrate Counter** Allan Borushek,2024-04

*Calorieking 2021 Larger Print Calorie, Fat & Carbohydrate Counter* Allan Borushek,2020-12 The CalorieKing Calorie, Fat & Carbohydrate Counter-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 Outsells 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 2020 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.

**The Ultimate Carbohydrate Counter** Annette B. Natow,Jo-Ann Heslin,2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide. Contains more than 15,000 listings of brand-name foods, generic foods, and restaurant selections with information on carb and sugar content, and portion size. Reissue.

CalorieKing 2020 Larger Print Calorie, Fat and Carbohydrate Counter Allan Borushek,2019-11-05 Bonus diet guides: diabetes, cholesterol, sodium, fiber, alcohol--Cover.

*The CalorieKing Calorie, Fat and Carbohydrate Counter 2018* Allan Borushek,2017-11-17 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

**The CalorieKing Calorie, Fat, & Carbohydrate Counter** Allan Borushek,2012-09-15 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

**The Calorie Counter, 6th Edition** Karen J Nolan,Jo-Ann Heslin,2012-12-26 Completely revised with more than 20,000 food entries, this latest edition features more than 80 national and regional restaurant chains, hundreds of take-out foods, and the widest assortment of brand name, generic, and ethnic foods found anywhere. Original.

**The CalorieKing Calorie, Fat, & Carbohydrate Counter** Allan Borushek,2013-09-15 Bonus diabetes diet guide in association with Joslin Diabetes Center.

**The CalorieKing Calorie, Fat and Carbohydrate Counter 2010** Allan Borushek,2009-09-15 Need a quick way to check calories, carbohydrates and fat? With the more than 14,000 food listings, and 200 fast-food chains & restaurant, it's easy to compare foods at-a-glance. 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!

**CalorieKing 2019 Calorie, Fat and Carbohydrate Counter** Allan Borushek,2018-11-27 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

**Allan Borushek's Calorie, Fat and Carbohydrate Counter 2017** Allan Borushek,2016-11 From The Calorie King himself, Allan Borushek, comes this handy up to date guide featuring the largest compilation of Australian food products and fast foods. Also contains information about weight control, sugars, carbohydrates, calories, and more.

*The Ultimate Guide to Accurate Carb Counting* Gary Scheiner,2006-12-11 Offers a resource for carb counter, with information on what you need to keep track of your carb intake. This work focuses specifically on carb counting in a real-world context. It covers the basic rationale for and theory behind carb-counting, basic and advanced carb-counting techniques, how to adjust for fiber and sugar substitutes, and more.

*The Complete Calorie Fat & Carb Counter* Alex Lluch,2008-12 Understanding the nutritional value of foods is the best and fastest way to lose weight, improve eating habits, and have increased energy. This convenient book will help readers lose weight because it provides nutritional information for thousands of food items in addition to all the tools necessary to create a personalized weight-loss plan.

**The Calorie Counter For Dummies** Rust,Meri Raffetto,2009-12-17 The fun and easy way® to keep track of your caloric intake The Calorie Counter For Dummies provides you with vital information on the nutritional and caloric value of the foods that you eat everyday-at home, the supermarket, and restaurants. Whether you're trying to lose weight, eat healthier, or control and prevent diseases such as diabetes and heart disease, this take along guide provides you with a portable, quick, and easy way to get nutritional information whenever and wherever you need it. The Calorie Counter For Dummies provides you with access to the calorie, fat, saturated fat, carbohydrate, fiber, protein, and sodium counts found in thousands of fast-food and chain-restaurant menu items and the foods like the fruits, vegetables, and meats you eat everyday. Tuck this compact guide into your glove box, briefcase, or purse, and have key calorie information at your fingertips at all times!

**Carbs & Cals Carb & Calorie Counter** Chris Cheyette,Yello Balolia,2016-04

**Pocket Calorie Counter** Carolyn Humphries,2008 Rather than presenting caloric information under brands, this calorie counter lists them by food type.

*The Complete and Up-to-Date Carb Book* Karen J. Bellerson,2006-08-17 The Complete & Up-to-Date Carb Book is the next generation in carb management, providing a quick, comprehensive way for savvy dieters to take control of their food intake and smartly manage their health. By learning how to calculate their net carb intake, dieters will not fall prey to the popular fads in dieting today. Bellerson includes information on calories, fiber and sugar grams, and total carb numbers for brand-name and generic foods, fast foods, processed and prepared foods, as well as natural foods and snacks. In all, there are more than 20,000 entries ranging from A to Z. The introductory material explains the glycemic index and how to use it, and the importance of fiber and sugars in calculating carbohydrate values. The strategies outlined here are easily compatible with The Zone, South Beach, and other balanced diet plans.

**Dr. Atkins' New Carbohydrate Gram Counter** Robert C. Atkins,1996 Lists carbohydrate content for hundreds of foods.

*ADA Complete Guide to Carb Counting* Hope Warshaw,Karmen Kulkarni,2004-08-04 Here are real tools and techniques for counting carbs correctly. New chapters cover how to build a personal carb count database, carb counting for insulin pump users, a whole week of meal plans, and much more.

*Calorie, Fat and Carbohydrate Counter* Allan Borushek,2008-09-30 Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and fast foods.

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