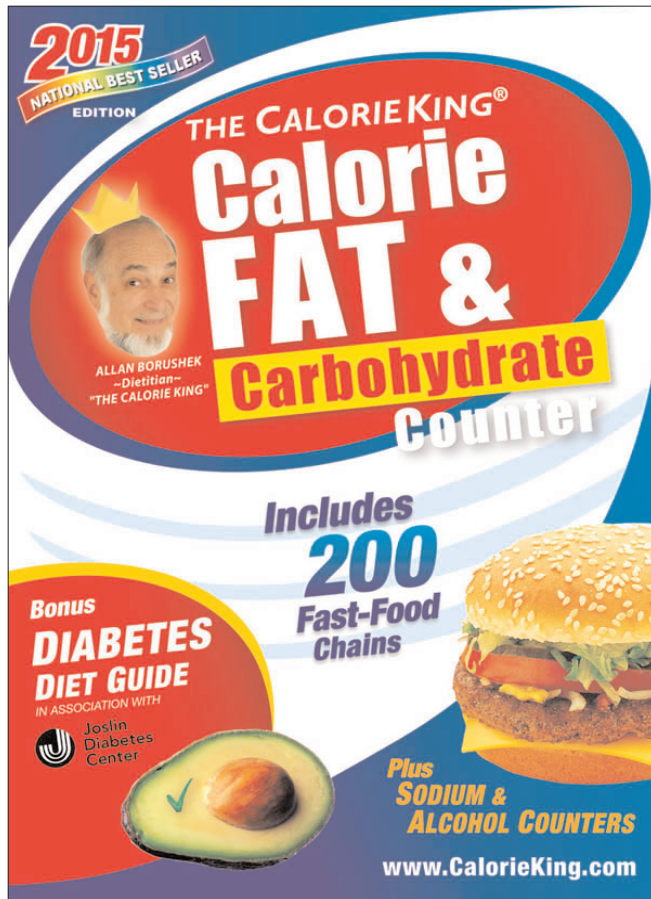


HEALTH & FITNESS



The CalorieKing Calorie, Fat & Carbohydrate Counter 2015 Pocket-Size Edition

Allan Borushek

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2015 CalorieKing™ Calorie, Fat & Carbohydrate Counter is a practical, simple & safe guide to the calorie, fat and carbohydrate content of tens of thousands of your favorite foods by Allan Borushek, health educator and registered dietitian. Tens of thousands of food listings. Building on CalorieKing Counter's 24 years as the bestselling book of food counts, 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 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.