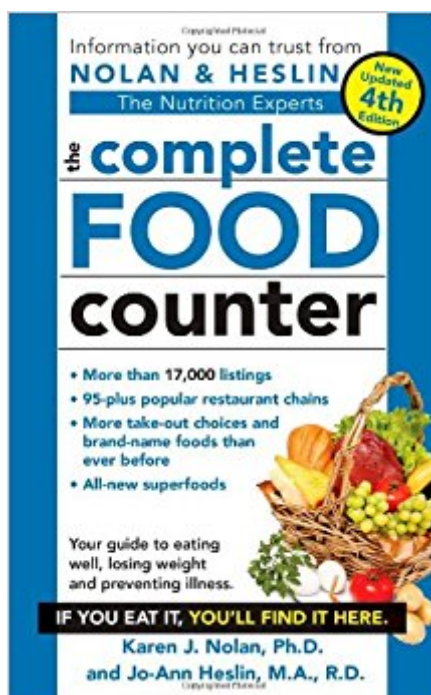


The book was found

The Complete Food Counter, 4th Edition



Synopsis

Updated and revised, *The Complete Food Counter*, 4th Edition, is the most dependable resource available about the foods you eat. This easy-to-understand, easy-to-use, comprehensive guide from nationally recognized nutrition experts Karen J. Nolan and Jo-Ann Heslin provides the information you need, whether your goal is to lose weight, protect yourself against disease, or simply pay more attention to what you eat. More than 7.5 million counter books in print from the nutrition experts. Don't be in the dark when you eat! Rely on *The Complete Food Counter*, 4th Edition, to help you make every bite count. Updated and revised, *The Complete Food Counter*, 4th Edition, is the most dependable resource available about the foods you eat. This easy-to-understand, easy-to-use, comprehensive guide from nationally recognized nutrition experts Karen J. Nolan and Jo-Ann Heslin provides the information you need, whether your goal is to lose weight, protect yourself against disease, or simply pay more attention to what you eat. -Calorie, protein, fat, cholesterol, carbohydrate, fiber, and sodium counts for over 17,000 foods, including more than 900 take-out items and dishes from nearly 100 national and regional restaurant chains -Expanded categories with listings for natural, vegetarian, gluten-free, and organic brands -Helpful health tips, shopping suggestions, and the latest nutrition research findings translated into which foods are the best for you -Simple guidelines for consuming the right amount of every nutrient that's important to your health

Book Information

Mass Market Paperback: 800 pages

Publisher: Pocket Books; 4 Original edition (December 27, 2011)

Language: English

ISBN-10: 1451621620

ISBN-13: 978-1451621624

Product Dimensions: 4.2 x 1.4 x 6.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 97 customer reviews

Best Sellers Rank: #53,866 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#) #410 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #582 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Jo-Ann Heslin, MA, RD, is a professionally trained, registered dietitian and also a regular

columnist for HealthNewsDigest.com. She is the coauthor of more than thirty books on nutrition. For more information, visit: TheNutritionExperts.com. Karen J. Nolan, PhD, holds advanced degrees in science and human anatomy. She is the coauthor of ten books on nutrition. For more information, visit: TheNutritionExperts.com.

I try to eat healthy foods. This book explains very clearly how much protein, sugar, carbs, etc that you actually need for your size. Great detail on the contents of thousands of foods, so if you want more protein from, say, beans, you can compare one bean to another to choose the one that works best for your nutritional goals. I have owned several editions of this book. Author credentials are solid, website good as well. I have given several copies as gifts. I always buy the latest edition as soon as it comes out.

Love having this book by my side as there is nothing you cannot find in it. Recently diagnosed with Diabetes II, I refuse to let that destroy my body and the disease can if you do not watch your food intake. I have lost 37lbs and my blood sugars have really improved...in fact, they are now in the normal range, but I do continue to take my Metformin faithfully because I don't want to be on daily insulin injections...it's much easier to take a pill! This book will provide you with everything you need to know about every single food that is out there. Buy it!!!

Finally replaced the little pocket calorie counters I inherited from my parents, with this. It is very comprehensive and pretty easy to use, although some foods are grouped under a category heading, and others (such as beans) are listed by specific variety--I still haven't found black beans in it. But the calorie/protein/sodium listings are invaluable, when I don't want to put on my patience hat and look things up on my phone.

I just received this book and am disappointed in the Dining Out section. Most of the restaurants listed are one's I've never heard of! Standards like Wendy's, Pizza Hut, Applebees, etc are all missing! Not sure if this is geared for the west coast or what, it doesn't say that when you order it. Not going to help me much. I live in the midwest and my son lives in the east and we both have these restaurants so I know they're not "local". Another drawback! We went to Bob Evans as it was listed in the book. When I tried to order my meal, only breakfast, kids meals, soup and some senior meals listed. Not one lunch or dinner entree is listed.

I am so glad I choose this book! it has great information, not only for foods you prepare at home but also lists ALL the major restaurants and chains in the US! great for folks who wish to eat out to make better choices BEFORE they leave the house. really awesome book! thank you

This is a great resource to use if you are counting calories, carbs, sugar, etc. It is very easy to use, and small enough so that it doesn't take up much room.

Returned this item to . Does not include sugar counts, difficult to read. Restaurant menu items are outdated (2012 edition). 779 pages, small print, difficult to locate items.

Great resource. i am doing a keto diet and this reference has it all. I keep it handy when preparing meals. Nerdy read but its amazing whats really in food as opposed to what we think is in it.

[Download to continue reading...](#)

The Complete Food Counter, 4th Edition Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Counter Culture: A Compassionate Call to Counter Culture in a World of Poverty, Same-Sex Marriage, Racism, Sex Slavery, Immigration, Abortion, Persecution, Orphans and Pornography Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Carbs & Cals & Fat & Fiber Counter (USA Edition): Manage your Diet & Diabetes with over 1,800 food & drink photos! The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) In-N-Out Burger: A Behind-the-Counter Look at the Fast-Food Chain That Breaks All the Rules Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) The

Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) (Volume 1) Cough Cures: The Complete Guide to the Best Natural Remedies and Over-the-Counter Drugs for Acute and Chronic Coughs Food Science: The Biochemistry of Food & Nutrition, 4th Edition Over the Counter Natural Cures, Expanded Edition: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Don't Go to the Cosmetics Counter Without Me, 7th Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Pocket-Size Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger Print Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)