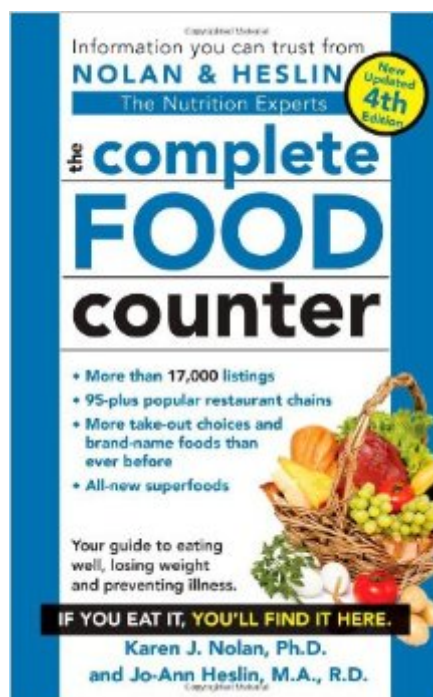


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# The Complete Food Counter, 4th Edition



## 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

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## Customer Reviews

I bought the "complete food count" by Netzer, the CalorieKing book, and this one. This one is the

easiest and clearest and is by far my preference out of the the three. I would recommend this one to anyone looking for this type of book.

Some food lists list too much (magnesium, selenium, etc.) and others too little (calories and fats or "net carbs"). This guide is exactly right: calories, fat, protein, total carbs, fiber, cholesterol and sodium. I am newly diagnosed with prediabetes and these are exactly what my doctor has me tracking. Thank you, thank you to the authors.

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.

This book contains almost every food item eaten by humans. (Insects are excepted.) Each food item is broken down according to raw or cooked, and other parameters that affect the content of the final product. It is very useful for people who want to keep a diary of the amounts they eat of carbohydrates, sodium, protein, cholesterol, and calories.

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.

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.

So far I've found every food I needed and some I probably won't ever eat. :) Great info on how many calories you should eat a day in the front of the book.

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