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Information you can trust from

**NOLAN & HESLIN**

The Nutrition Experts

New  
Updated  
**4th**  
Edition

the **complete**  
**FOOD**  
**counter**

- More than 17,000 listings
- 95-plus popular restaurant chains
- More take-out choices and brand-name foods than ever before
- All-new superfoods

Your guide to eating well, losing weight and preventing illness.



**IF YOU EAT IT, YOU'LL FIND IT HERE.**

**Karen J. Nolan, Ph.D.**  
**and Jo-Ann Heslin, M.A., R.D.**

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## The Complete Food Counter, 4th Edition



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Updated and revised, THE ENTIRE Meals Counter, 4th Edition, is the most reliable resource available about the foods you take in. Nolan and Jo-Ann Heslin provides the information you will need, whether your goal is to lose excess weight, protect yourself against disease, or simply pay more focus on what you consume. Nolan and Jo-Ann Heslin supplies the information you need, whether your objective is to lose excess weight, protect yourself against disease, or simply pay more attention to what you eat. More than 7. Don't become in the dark when you eat! 5 million counter books on the net from the nutrition professionals. Rely on THE ENTIRE Meals Counter, 4th Edition, to help you make every bite count. This easy-to-understand, easy-to-use, comprehensive instruction from nationally recognized nutrition experts Karen J. Updated and revised, THE ENTIRE Food Counter, 4th Edition, is the most dependable reference obtainable about the foods you take in. This easy-to-understand, easy-to-use, extensive guidebook from nationally recognized nutrition specialists Karen J. -Calorie, protein, fat, cholesterol, carbohydrate, fibers, and sodium counts for over 17,000 foods, including a lot more than 900 take-out items and dishes from nearly 100 national and regional restaurant chains -Expanded types with listings for organic, vegetarian, gluten-free of charge, and organic brands -Useful health tips, shopping recommendations, and the latest nutrition research results translated into which foods are the best for you -Simple guidelines for consuming the proper amount of every nutrient that's vital that you your health



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I'm making this up now but it will list things like Pepperidge Farm Fit n Light Snackers I suspect many people who are trying to lose fat and/or eat best aren't polluting their bodies with a whole lot of processed meals. With this book, easily want to know just how many calories are in 2 ounces of chicken, I must wade through paragraphs of each kind of chicken obtainable in America! I'm making this up now nonetheless it will list things like Pepperidge Farm Fit n Light Snackers, Hormel lowfat devilled poultry bits, Wendy's organic poultry fingers and so on. excellent resource for reliable information I actually try to eat well balanced meals. Requirements like Wendy's, Pizza Hut, Applebees, etc are missing! Great details on the contents of thousands of foods, so if you want more protein from, state, coffee beans, you can compare one bean to another to choose the one that is most effective for your dietary goals. This book has opened my eyes on just how many calorie consumption everything that I consume has. In addition, it helps me strategy out my foods and my snacks to maintain my daily caloric intake where it should be. I've given several copies as gifts. I always buy the latest edition the moment it comes out. I live in the midwest and my boy lives in the east and we both have these restaurants so I know they're not "regional". Four Stars Dorsn'r have some things I need, but overall it is okay. If you are somebody who must watch your daily calorie consumption, if your keeping a Food Journal and Need the Calorie consumption of , well, Almost anything that you consume. This book will most certainly be what your looking for. I know it helped me out greatly. Before I began keeping a Daily Food Journal of what I consumed each and every day, I experienced no Idea how many calorie consumption that I was consuming on any provided day. Now that I have transformed the way I look at the types of meals that I consume , the amount I right now eat at any given meal or snack, and in addition for my total health.I have owned many editions of this book! Author credentials are solid, website great aswell.. This book actually helped me, and if you are looking for a book that has the calorie count to almost everything you eat than this will be the perfect book to assist you too. Book is not user-friendly; plus no sugar counts Returned this item to Amazon. Great Guide Love having this publication by my side as there is nothing at all you cannot get in it. But I use these to refer for recipes because sometimes I don't trust the apps. 779 pages, small print, difficult to find items. Does not include sugars counts, difficult to learn. Recently diagnosed with Diabetes II, I refuse to let that ruin my body and the condition can if you don't watch your meal intake. I have lost 37pounds and my bloodstream sugars have really improved.. Before I experienced this book, coupled with keeping a daily Food journal, I was shocked to see the amount of calories I was eating daily.in fact, they are actually in the normal range, but I really do continue steadily to take my Metformin faithfully because I don't want to be on daily insulin shots...it's much easier to take a pill!! Buy it!!! Great Hard Copy Reference for Counting Calories Finally replaced the tiny pocket calorie counters I inherited from my parents, with this. It is extremely comprehensive and pretty easy to use, even though some foods are grouped under a category heading, and others (such as beans) are detailed by specific variety--I still haven't discovered dark beans in it. However the calorie/proteins/sodium listings are invaluable, when I don't want to put up my tolerance hat and look things through to my phone. Great if you want to know the protein too I wanted a thing that had the quantity of protein shown in it aswell. Very detailed food nutrition fact book. Therefore disappointed that this is not counted in this book. Restaurant menu items are outdated (2012 edition). Incredibly comprehensive and useful. The majority of the restaurants shown are one's I've by no means heard about! This book explains very clearly just how much protein, glucose, carbs, etc that you truly dependence on your size. Uncertain if this is geared for the west coast or what, it generally does not say that when you order it. Not really likely to help me much. the best Complete Calorie index book (about) almost everything that you eat It was Very helpful to me! Another drawback! We went to Bob Evans since it was outlined in the book. When I tried to order my meal, just breakfast, kids foods, soup and some senior foods listed. Not one your meal entree is listed. Four Stars Liked. I could not be more happy that I've found this reserve to open my eye at to the number of calories I was consuming every day. I

normally use Calorie King and I love that one a lot but I have to know how much protein is in issues after bariatric surgery. None of these have sugar content material of foods. This book and others enjoy it are great tools for diet and health maintenance ... This book and others enjoy it are great tools for diet and health maintenance with one exception. Required this book to track nutritional details of what I am eating to stay on a strict diet. I bought a duplicate today at Barnes and Noble since I needed it quickly. Otherwise a great book. Diabetics need this information. Recommend this book Very pleased! I just received this publication and am disappointed in the EATING OUT section I just received this reserve and am disappointed in the EATING OUT section. while it has just about any food you could want Not quite what we expected; Just as well unwieldy. I am much less thinking about a Wendy's Frosty, but would really like to find simple points such as natural yogurt, numerous meats, fruits and vegetables. Don't think we'll use this much. A different set up of entries, headers, bolding, italicizing, highlighting, etc. will help. It's all there, but you've got to dig through plenty of stuff to find what you need. while it has just about any meals you could want, just how it is setup makes it difficult to acquire what you are searching for. Complete? Without counting sugar? This book will provide you with everything you need to know about each and every food that is out there. Which includes been a tremendous benefit for me personally to keep a close check of just how many calories I am consuming at any given time of the day! Everyone is counting sugar these days. Although truth be told, I take advantage of the books still but I mainly use my apps on my mobile phone since I keep a food diary and with technology that's easier.



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