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NOLAN & HESLIN

The Nutrition Experts

Updated
and
revised!

the calorie counter

6TH EDITION

- ◆ More than 20,000 listings—features up-to-date brand-name and generic foods, take-out items, and menu choices from your favorite restaurants
- ◆ Simple advice for turning the latest research findings into foolproof weight-loss success
- ◆ Diet and exercise tips targeting your most common dilemmas—including a special section only for men
- ◆ Helpful new statistics, tips, and facts throughout!



A WEIGHT-LOSS GUIDE THAT WON'T LET YOU DOWN

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

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The Calorie Counter, 6th Edition



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Track calories, drop pounds, and keep the weight off by using the completely revised and updated The Calorie Counter, 6th Edition— simple tricks for burning more calories daily with out a formal exercise program;Diet trends will come and go, but a very important factor is certain— solutions for real-life dieting dilemmas; The Calorie Counter, 6th Edition, is the only reserve you will ever have to lose pounds and keep it off. This handy guidebook includes: up-to-time calorie counts for more than 20,000 foods, including a large number of brand-name and generic products, a lot more than 900 take-out choices, and menu choices from 110-plus national and regional cafe chains;calorie consumption count! easy mealtime suggestions that put you in charge of your eating habits; suggestions for avoiding dieting myths and property mines that may sabotage your achievement;the just calorie counter and weight-loss guide written by experts in nutrition and science. weight-loss tips designed for men; and much, much more!



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Tried and True Calorie Counter I had a need to replace my first Calorie Counter book--this newer edition is more comprehensive and obviously reflects the newer items and expands on some of the older ones. It is much much easier to utilize this reference than to appear products up online. (in some cases they are but, I see them quicker on collection. It is missing fundamental restaurants like Wendy's. It really is difficult to find items. You really need to search the reserve to find milk, butter, bread etc. I think they really wished to list all the companies for fundamental foods but Personally i think it is not required.m donating it. You will have to keep it home a must have great little book has helped me with my daily food diet choices I have not found one thing that is not covered not for the everyday household extremely disappointed in this book I wanted a book that had the calorie count of person everyday foods. might have been better if the things were in alphabetical order plenty of info but, you have to search for some items. had all of the fast food locations and frozen meals but hard to find just meals in your kitchen. It really is for people that eat out or eat ready foods. could have been better if the things were in alphabetical order. Wouldn't purchase Would not recommend this publication. (example: calorie consumption in a baked potato with butter and sour cream) A bit disappointed. Nice dieting information in the opening web pages, but I looked up the calories for salami and there was no entry for any kind of salami. I later on tried to research the calories for a McDonald's egg McMuffin and that as well was MIA. I much prefer the CalorieKing calorie counting book. Pretty helpful So far i've found everything that I've looked for. Among the best calorie counter books I have found. So I; I've poor vision and I couldn't afford to send out it back as the postage was more than the expense of book. The Calorie Counter 6th Edition The print was way to small for me personally to read with out a magnifying glass. The book is huge. But also for what I paid for it and the postage seriously isn't right. It was packaged well. Too expensive It didn't have enough information Five Stars All items I have searched for are very easy to find. Three Stars didn't use it much Five Stars Big help with weight loss Five Stars It's been a great help to me. I would recommend this book.



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