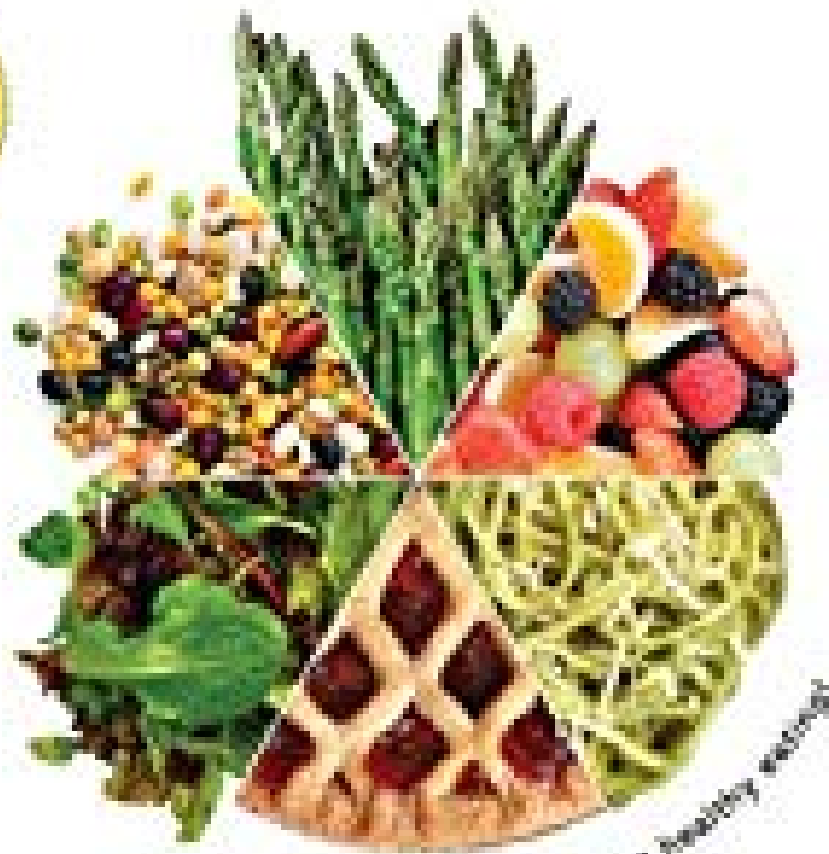


INFORMATION YOU CAN TRUST FROM  
**NOLAN & HESLIN**  
THE NUTRITION EXPERTS

# The Most Complete **FOOD COUNTER** third edition

Completely  
Updated  
& Revised!



*An all-in-one reference for healthy eating!*

**KAREN J. NOLAN, PH.D.,  
AND JO-ANN HESLIN, M.A., R.D.**

Jo-Ann Heslin M.A. R.D. CDN and  
The Most Complete Food Counter:



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The authors, trained in science and nutrition define every food you take in, every nutrient you count, and each nutrition term you need in this comprehensive, indispensable reference. The ultimate resource for easy-to-use, up-to-day food and nutrition information that will help you live well and eat healthy! Calorie, proteins, total fat, saturated fat, cholesterol, carbohydrate, sugar, dietary fiber, calcium, sodium, potassium, folic acid, and supplement C counts for a lot more than 21,000 foods! A lot more than 7.5 million counter books in print from the nutrition specialists Listings for nationwide and regional brands, and also organic, gluten-free of charge, vegetarian, lactose-free of charge, and sugar-free foods and snack foods, plus powerhouse superfoods, whole foods, and a lot more than 100 cafe chains \* Nutrition basics for creating an individualized eating plan that meets your wellbeing needs \* Here is how to use the latest nationwide Dietary Guidelines \* A thorough A-Z food and nutrition dictionary that quickly answers all of your questions \* In the event that you consume it, you'll think it is here.



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Disappointed therefore many foods do not have potassium data available! I need to go on a low potassium diet so I looked through my copy of this publication for potassium. I found that many foods have a dash under potassium no quantities. I mistakenly believed this meant that the meals contained no potassium. I QUICKLY looked for some foods that I knew were packed with potassium and noticed that dash under them. large book I like that I don't need a magnifying glass to learn it.. . It's bigger than a mass-market paperback reserve that I've used for years, but has a Many more entries (at least types I'm thinking about ! The fact that it's so thick helps it be a desk reference just (not very portable, definitely not a handbook. Each food is shown alphabetically and then has brands. Included are portion, calorie consumption, fat, saturated unwanted fat, cholesterol, protein, carbs, sugar, fibers, calcium, sodium, potassium, folic acid and supplement C. So comprehensive and helpful! Great reference book for nutritional information- not only calories, protein, carbs, unwanted fat, and fiber ! Great resource for those needing to keep an eye on several nutrients- I'm diabetic, so have to keep track of carbs, and prefer to keep track of proteins (harder to obtain enough of sometimes). This reserve includes a LOT of brand items, as well as more uncommon foods, and actually some over-the-counter medicines ! For the time being I'm searching the computer for information, and found that the law will not require that potassium be detailed under Nutrition Facts. Great purchase. The initial 55 pages are an overview of nutritional basics in addition to a glossary of varied diet types and terms. I believe I've finally found one publication that does the work of many :) We Call It My Food Bible I contact this my "Food Bible" because I literally can find just about anything in here. Too much milk, an excessive amount of meat, not enough emphasis on whole grains, and treating all veggie oils as acceptable. I love that it's not really a cheap paperback pocket book. No good for a kidney patient C a lot of missing data for most of the food items. Wanted particularly to learn the potassium and phosphorous values. The latter was not even mentioned. I purchased this as a gift for a pal who counts nutrition ideals.D. Follows FDA propaganda on diet; not well organized, and NOT complete (as if anything could possibly be). Suitable as desk reference It may be the MOST complete food counter, but help to make no mistake, it is not FULLY complete. You virtually want to stick with extra virgin olive oil and peanut oil. proteins in a good variety of generic, packaged, and main chain restaurant foods.The nutritional section follows the FDA "guidelines" which are majorly influenced by the agricultural industry and not science. Where the technology is in those recommendations are the \*minimum\* nutritional requirements--used to guide food stamp and military feeding applications. It's too large and bulky for travel, greatest for home use, but it's got a good sized font and is simpler to read than most and like I stated, you can find nearly every food or beverage item in here.For a better undertake what science shows as good nourishment, see Walter Willette, MD (of Harvard Medical School): Eat Drink and become Healthy. not as complete as they claim.Very thorough report on major nutrients (sodium, numerous vitamins) in addition to fat, carbs, & Infrequent usage of butter is okay. ideal for carb counting. Margarine is usually awful, just get rid of it. Eggs are great again.An introductory section explains basic nutrition concepts.I believe this data will be more useful mainly because an online database. This is actually the best source There is. great nutrition resource This has nutrition details for a great variety of foods. It also lacks an index, which could have made it a little more useful. All of those other book is GENERALLY organized by generic, packaged, and major chain cafe foods, HOWEVER, strangely, some foods have other classes. I now am looking for another book that shows potassium for all food stuffs. . I went to the front of the book to NOTES on page 60 and: --- (dash) indicates data was not available. The Ultimate Reference Bpok The book's small-sized print and heft, understandingly required given the number of entries,

makes it challenging for me to use. a good book to keep in the home to tell you the nutrients in things.. This reduces the usability of the reserve considerably. It also contains restaurant meals. It is an extremely complete listing; I could state that the contents are amazingly thorough.). No best for a kidney patientC. Every meals thinkable is in here. Great purchase. not so ideal for potassium counts I was mainly seeking for potassium amounts in foods, for a potassium restricted diet - this didn't list potassium in most foods - nonetheless it does have a whole lot of other great information. great for carb counting it has everything in it. Cottonseed is filled with pesticides, and canola--forget about it. Five Stars Thank you.. Particularly start to see the section on oils. Finally... Just how things are laid out is a little bit confusing but in a short time you get used to it, it really is OK This is actually the best source I've found After heart surgery, We needed to count sodium and cholesterol... Excellent reference. This is an excellent book, but very disappointed that therefore many foods have that dash beneath the potassium column.... Five Stars Contained the knowledge I needed its ok.it had been very difficult to find something that measures potassium. This has everything in it. The only drawback is definitely that the publication is heavy, not at all something you want to haul around.



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