

2016

NATIONAL BEST SELLER

EDITION

THE CALORIE KING®



ALLAN BORUSHEK
—Dietitian—
"THE CALORIE KING"

Calorie FAT &

CARBOHYDRATE

Counter

Includes

200
Fast-Food
Chains



Bonus

**DIABETES
DIET GUIDE**

IN ASSOCIATION WITH



Joslin
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www.CalorieKing.com

Allan Borushek

The CalorieKing Calorie, Fat & Carbohydrate Counter 2016



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. It has every fo As a newly diagnosed Type 2 diabetic we found this reserve invaluable!! I bought the bigger version for my kitchen and a smaller sized version to retain in each of our vehicles for easy reference. It has every food you can imagine, even restaurants!!..!) This is actually the 'go to' for a lot of diabetics. It generally does not have protein or dietary fiber amounts, but it's nice for away from home, or figuring insulin for insulin:carb doses. I keep carefully the regular size printing in my purse, and the huge size near my insulin and medicine area. The best book from the market for those who have diabetes ... The best book out on the market for those who have diabetes and counting your carbohydrates. Only wish that they had a column for cholesterol also. Nearly WORTHLESS for LOW-CARB dieting, because of insufficient fiber information (also small print) So old-school, they don't list indigestible fiber in order that it may be subtracted out of the carb count. For example, almonds are listed as having 6g of carb, but after you subtract out the fibers, they are only 1g of carb (a significant nutritional discount!), but heading by this book, you'll believe almonds have SIX TIMES the amount of carb they actually have!! Otherwise, this would be an absolutely ideal book to carry around otherwise if this fiber info were included, because the coverage is excellent, including brand names and chain restaurants, and the size is little. (I acquired this as a present-day for a newly-diagnosed diabetic, so sorry my cash was wasted, I'll need to donate this and discover something better for him.) Why don't they join the globe and include these details? How hard would that become? Also the print is understandably tiny (given just how much they pack into it), which would make it hard for some people to utilize. For example, old people without wise phones might prefer imprinted matter, but that one is hard to make use of. I wish they had a larger print version available (because they have in prior years). For those who have type 2 diabetes This is essential!.. It helped me provide my sugars levels from over 200 in the morning to around 100 everyday in less than weekly. Great book a must for anyone counting carbohydrates for type 2 diabetes. Nice book I like the Calorie, Fat and Carb Counter book... This one also has color photos of the foods. It's an excellent publication. I got the larger print and I like that. First Rate Aide for Counting Carbs for Diabetes Wellness! A couple years ago, my son was diagnosed with Type 1 Diabetes.. A healthcare facility recommended The CalorieKing publication for counting carbs, and it really is a great book... This is a review of the 2014 Larger Printing Edition. The Larger Printing Edition isn't the LARGE print that you find in a large-print novel. But it is LARGER print, and I really appreciate it. The size of the larger print publication itself is just a little bigger than the regular CalorieKing edition, but it's still paperback reserve size..size regular printing 6 7/8 " x 4 1/4 "size Larger Print 7 1/4 " x 5 1/4 "Both books are the same thickness, a shade over 1/2" CalorieKing deserves it's popularity for thoroughness. The main reason you'd need updated editions of it really is in the event that you eat out a lot... But so far as grocery meals, the apple and broccoli carb counts won't differ from year to calendar year, and packaged groceries will will have a label telling, among other activities, how many carbs per portion... CarbsArby's: Chicken -Poultry Bacon & Illustrations:....57 x 25 carbs for a 7 oz pear = 39 carbs for the 11 oz pear The calculations, until you can the point where it is possible to eyeball sizes for an estimate, can be tiresome, but that's how it goes..... Ideal for those who need to count carbs..... Very useful for a diabetic counting carbs..... It could be very hard to estimate carbs in cafe food..... My husband needed it for carb counting for diabetes meds....Calories....Body fat..... It couldn't have managed to get easier! Swiss: Crispy..... Thanks a lot..... Each year's updated menus of the bigger restaurant chains are welcome...27.....55.....Roasted... This means we have to count carbs..Certainly recommend this book in case you are understanding how to count carbohydrates!.....Roast.16.....470.....57 (the 11 oz pear is 0.....19.....120.....43Chicken Filet: Crispy.....530..... Though we utilize this publication for carb counting, for every item you receive three values: the full total calories, the total grams of fat, and the total grams of carbohydrates. Great Info great lil publication I use it all the time Good On time...25..... Nice for aging eye :.52.. Easy to store in a purse or glove compartment or backpack.....! Informative.....I bought the larger version for my kitchen and a smaller sized version to retain in each of our vehicles for easy reference..... If your pear is 11 oz, after that its carb calculation: 11 oz divided by 7 oz = 1..... Great reserve.....400.....40Banana (weight with skin):1 small (6", 4 per lb), 4 oz.....6What I've done with bananas, is sort of average all these counts, to create it easier..... The publication states that a 7 oz pear is 25 carbs... It's OK with my reading glasses, but I was overjoyed to find that they publish a more substantial print edition, also.. I prefer having a paper copy of calorie counts, etc so I can browse through it before

purchasing....90.....0.....To give you an example of just what a lifesaver CalorieKing is, I took a trip last year with my son, traveling by air..57 bigger than (or 157% of) the 7 oz pear)1..... Also to measure the food in ounces or grams I can highly recommend the affordable, easy-to-use, great little level created by EatSmart: EatSmart Accuracy Pro Digital Kitchen Level, WhiteFor different size portions, you extrapolate.0..... We don't eat fast food (because there are just 4 where we live), but if you do, there is a whole section for junk food restaurants.271 large (8"), 7 oz..... It appears easier than browsing on the web.....0..... The initial book is a small paperback size, with printing to match..301 extra large (9"), 9 oz..Really handy book..... 135..... OK Only bought due to health needs Useful, compact reference Very helpful in counting carbs for diabetic diet plan..... It was fantastic to just look in this book and total the carbs as he purchased meals from Arby's in the airport food court..... Super easy to look up what you need.....0.....35without skin, 1 oz..... Awesome Love it it help me personally drop my sugar levels super fast and easy comprehensive guide After you get used to the way this book is organized, it is effective.. It is an excellent resource to have!.....!.....25...231 medium (7",3 per lb), 5 oz..... Excellent Book I have ordered this book many times!..... Now we measure the banana and amount 3.8 carbs (grams) per inch. Pears come out to about 3.5 carbs per oz. Apples to 3.2 per oz.....105.. To have this marvelous book to give fundamental carb counts is normally invaluable.. I bought one copy for each glove compartment, one for each grandparent home, one for the home, one for my purse, and one for travel! I have already been updating my edition every year, because we do consume out and get take-out. It's great to pick up some fried rice at Panda Express, and also just look up the carbs.Happy Reader Great Carb Counter! This book gets the carb counts for any food you can think of...0. The 1st time was for my husband who was recently identified as having Type 2 diabetes! This book was an incredible asset for figuring out an excellent daily diet with low carbs. I have ordered it 2 additional time for friends going right through the same experience.. After VSG usefull My doctor recommended this small book if you ask me and I have to say it really is great.. I experienced VSG and recommend it to others.600..... It was suggested to us by way of a diabetes educator.



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