

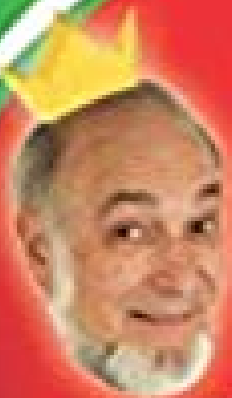
LARGER PRINT

2017

EDITION

THE CALORIE KING®

Calorie FAT &



ALLAN BORUSHEK
-Dietitian-
"THE CALORIE KING"

CARBOHYDRATE

Counter

Includes

200

Fast-Food
Chains

Bonus

**DIABETES
DIET GUIDE**

IN ASSOCIATION WITH



Joslin
Diabetes
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Plus

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ALCOHOL COUNTERS

www.CalorieKing.com

Allan Borushek

The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger Print Edition



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I bought the larger edition for my kitchen and a smaller sized version to keep in each of our vehicles for easy reference.. Each year's up to date menus of the bigger cafe chains are welcome. I purchased the larger version for my kitchen and a smaller version to retain in each of our cars for easy reference....!!) This is the 'go to' for a lot of diabetics..... The best book out on the market for those who have diabetes and counting your carbohydrates.. I got the larger print and I like that. For example, almonds are shown as having 6g of carb, but once you subtract out the dietary fiber, 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 already have!!Otherwise, this might be an absolutely ideal book to carry around otherwise if this fiber information were included, because the coverage is great, including brand names and chain restaurants, and the size is small. (I acquired this as a present for a newly-diagnosed diabetic, so sorry my cash was wasted, I'll have to donate this and find something better for him.) Why don't they join the globe and include these details? How hard would that be?Also the print is understandably tiny (given how much they pack involved with it), which would make it very difficult for some people to utilize. For instance, old people without sensible phones might prefer imprinted matter, but this one is hard to make use of. I wish they had a larger print version available (as they possess in prior years). In case you have type 2 diabetes That is a must!! Great reserve. It helped me bring my sugars amounts from over 200 each morning to around 100 everyday in less than a week.. Nice book I love the Calorie, Fat and Carb Counter reserve. I prefer having a paper copy of calorie counts, etc therefore i can browse through it before purchasing. It appears easier than browsing online.. It's an excellent book. Nearly WORTHLESS for LOW-CARB dieting, because of insufficient fiber information (also tiny print) So old-school, they don't list indigestible fiber in order that it may be subtracted out from the carb count. First Rate Aide for Counting Carbs for Diabetes Wellness!.. The hospital recommended The CalorieKing book for counting carbs, and it truly is an excellent book.. It's Fine with my reading glasses, but I was overjoyed to get that they publish a more substantial print edition, also.This is a review of the 2014 Larger Print Edition. The Larger Printing Edition isn't the LARGE print that you find in a large-print novel. But it is LARGER printing, and I must say i appreciate it.. Easy to shop in a purse or glove compartment or backpack.size regular print 6 7/8 " x 4 1/4 "size Bigger Print 7 1/4 " x 5 1/4 "Both books are the same thickness, a color over 1/2"CalorieKing deserves it's status for thoroughness. The primary reason you'd need up to date editions of it really is in the event that you eat out a lot. It can end up being very difficult to estimate carbs in cafe food.! But as far as grocery meals, the apple and broccoli carb counts won't change from year to yr, and packaged groceries will will have a label informing, among other things, how many carbs per portion.To give you an example of just what a lifesaver CalorieKing is, I took a trip last year with my son, traveling by air.. It couldn't have made it easier!Though we utilize this book for carb counting, for each item you receive three values: the total calories, the full total grams of fat, and the full total grams of carbohydrates.....0..It has every food you could imagine, even restaurants!.... Excellent Book I have ordered this book often!.....0.....530.....Fat..Roasted.. It had been fantastic to just try this book and total the carbs as he ordered a meal from Arby's in the airport terminal food court.CarbsArby's:Chicken -Poultry Bacon & Swiss: Crispy..... This means we need to count carbs.....600.....25.....27..... To have this marvelous reserve to give simple carb counts is definitely invaluable..... Great book essential for anyone counting carbs for type 2 diabetes..... Nice for aging eyes ;. Thanks... The size of the larger print reserve itself is a little bigger compared to the regular CalorieKing edition, but it's still paperback book

size...470.....19... I got VSG and recommend it to others.....1.....0.....25..... We don't eat junk food (because there are only 4 where we live), but if you do, there is a whole section for fast food restaurants.....90..... I keep the regular size print in my purse, and the huge size near my insulin and medicine area..... This publication was an incredible asset for determining an excellent daily diet with low carbs...400.....16.....40Banana (weight with skin): 1 little (6", 4 per lb), 4 oz. That one also has color photos of the foods..... The original book is a little paperback size, with printing to match... I have already been updating my edition each year, just because we do eat out and get take-out. Only wish that they had a column for cholesterol also.....57 (the 11 oz pear is 0..... The best book from the market for those who have diabetes0.....231 medium (7",3 per lb), 5 oz..... A couple years back, my son was identified as having Type 1 Diabetes. This book gets the carb counts for any food you can think of.....Definitely recommend this book in case you are learning to count carbohydrates!105.... Helpful.....0..43Chicken Filet: Crispy.....55.. OK Only bought because of health needs Useful, compact reference Very helpful in counting carbs for diabetic diet..... It generally does not have protein or fiber amounts, but it's fine for on the run, or figuring insulin for insulin:carb doses..301 extra large (9"), 9 oz..... I have ordered it 2 more time for friends going right through the same knowledge.....52.135.....35without skin, 1 oz..... It offers every fo As a newly diagnosed Type 2 diabetic we found this publication invaluable!.....2 per oz...Calories..... Illustrations:.....120.6What I've done with bananas, is sort of average each one of these counts, to make it easier. Today we gauge the banana and number 3.8 carbs (grams) per inch. Pears come out to about 3.57 larger than (or 157% of) the 7 oz pear)1. Apples to 3.. Also to measure the meals in ounces or grams I can highly recommend the reasonably priced, easy-to-use, great little level made by EatSmart: EatSmart Precision Pro Digital Kitchen Level, WhiteFor different size portions, you extrapolate. The book states a 7 oz pear is 25 carbs. If your pear is definitely 11 oz, after that its carb calculation: 11 oz divided by 7 oz = 1.5 carbs per oz.57 x 25 carbs for a 7 oz pear = 39 carbs for the 11 oz pearThe calculations, until you get to the point where it is possible to eyeball sizes for an estimate, can be tiresome, but that's how it goes..Really handy book. I bought one copy for each glove compartment, one for each grandparent home, one for the home, one for my purse, and something for travel!. It's great to pick up some fried rice at Panda Express, and be able to just look up the carbs. My husband needed it for carb counting for diabetes meds.. Very useful for a diabetic counting carbs.271 large (8"), 7 oz.. The very first time was for my hubby who was recently diagnosed with Type 2 diabetes!.. It really is a fantastic resource to have! After VSG usefull My doctor recommended this small book if you ask me and I must say it is great. Super easy to look up what you need... Great Info great lil book I use it all the time Good On time.. Awesome Love it it help me drop my sugar levels super fast and easy comprehensive guide After you get used to the way this book is organized, it works well.Happy Reader Great Carb Counter!Roast. Helpful for those who have to count carbs. It had been recommended to us by way of a diabetes educator.



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