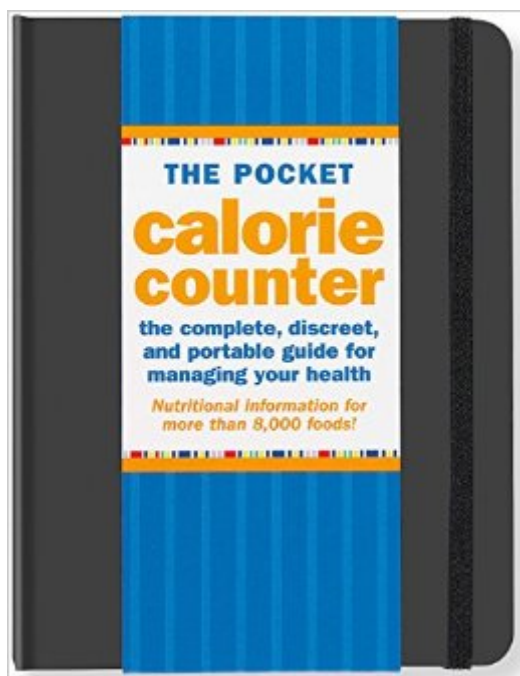


The book was found

Pocket Calorie Counter, 2016 Edition



Synopsis

2016 edition! Count on it! Keep track of everything you eat and drink with this sleek little Pocket Calorie Counter. More than 8,000 entries! Provides calorie counts for most foods and beverages, as well as protein, carbs, fiber, sodium, fats, and other essentials. Includes menu items from popular restaurants, too! Compact enough to take with you when dining out. Elastic band attached to back cover keeps book closed or keeps your place. Removable front cover band/label. Book measures 4-1/2 inches wide by 5-7/8 inches high. 352 pages.

Book Information

Hardcover: 352 pages

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Product Dimensions: 5 x 0.8 x 5.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars Â Â See all reviews Â (6 customer reviews)

Best Sellers Rank: #55,195 in Books (See Top 100 in Books) #62 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

This is the 3rd addition of this book that I have owned. It is the worst of the edition yet. The print is so small that a person with 20/20 vision requires a magnifying glass. Earlier additions had fewer entries but had sufficient information.. This new edition has perhaps 100 entries for chicken alone when 10 would suffice. Cooked white meat with skin, cooked white meat without skin, cooked dark meat with skin, cooked dark meat without skin, etc. Another problem is the quantities the use, such as a cup of chicken instead of 4 ounces of chicken all cups of chicken are not the same.

Everything is measured by ounces. It would be much more useful if by the cup or cup portions. I have a scale, but it's easier to measure vegetables or cheeses by cup or tablespoon etc. then to have to put it on the scale. I don't eat out often and almost never at fast food restaurant, so I'm sorry to see half the book devoted to that when things I want to know the calorie content are missing from the book.

I am so pleased with this Calorie Counter Pocket Book. Read the beginning and some very new and old review helpers. I really recommend for all seeking healthy food choices!

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