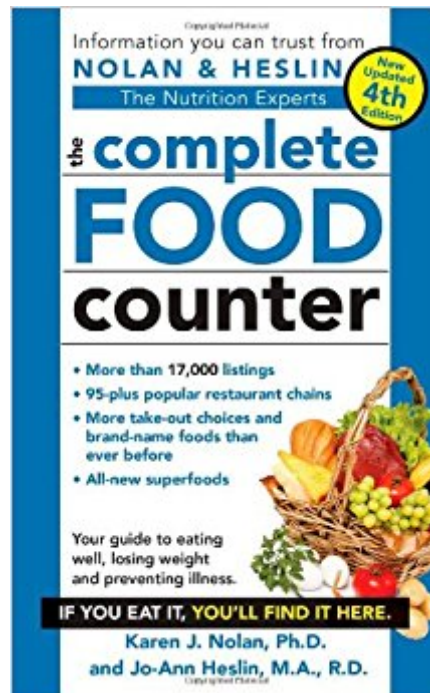




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# The Complete Food Counter, 4th Edition



## Synopsis

Updated and revised, The Complete Food Counter, 4th Edition, is the most dependable resource available about the foods you eat. This easy-to-understand, easy-to-use, comprehensive guide from nationally recognized nutrition experts Karen J. Nolan and Jo-Ann Heslin provides the information you need, whether your goal is to lose weight, protect yourself against disease, or simply pay more attention to what you eat. More than 7.5 million counter books in print from the nutrition experts. Don't be in the dark when you eat! Rely on The Complete Food Counter, 4th Edition, to help you make every bite count. Updated and revised, The Complete Food Counter, 4th Edition, is the most dependable resource available about the foods you eat. This easy-to-understand, easy-to-use, comprehensive guide from nationally recognized nutrition experts Karen J. Nolan and Jo-Ann Heslin provides the information you need, whether your goal is to lose weight, protect yourself against disease, or simply pay more attention to what you eat. -Calorie, protein, fat, cholesterol, carbohydrate, fiber, and sodium counts for over 17,000 foods, including more than 900 take-out items and dishes from nearly 100 national and regional restaurant chains -Expanded categories with listings for natural, vegetarian, gluten-free, and organic brands -Helpful health tips, shopping suggestions, and the latest nutrition research findings translated into which foods are the best for you -Simple guidelines for consuming the right amount of every nutrient that's important to your health

## Book Information

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## Customer Reviews

Jo-Ann Heslin, MA, RD, is a professionally trained, registered dietitian and also a regular columnist

for HealthNewsDigest.com. She is the coauthor of more than thirty books on nutrition. For more information, visit: [TheNutritionExperts.com](http://TheNutritionExperts.com). Karen J. Nolan, PhD, holds advanced degrees in science and human anatomy. She is the coauthor of ten books on nutrition. For more information, visit: [TheNutritionExperts.com](http://TheNutritionExperts.com).

I try to eat healthy foods. This book explains very clearly how much protein, sugar, carbs, etc that you actually need for your size. Great detail on the contents of thousands of foods, so if you want more protein from, say, beans, you can compare one bean to another to choose the one that works best for your nutritional goals. I have owned several editions of this book. Author credentials are solid, website good as well. I have given several copies as gifts. I always buy the latest edition as soon as it comes out.

Love having this book by my side as there is nothing you cannot find in it. Recently diagnosed with Diabetes II, I refuse to let that destroy my body and the disease can if you do not watch your food intake. I have lost 37lbs and my blood sugars have really improved...in fact, they are now in the normal range, but I do continue to take my Metformin faithfully because I don't want to be on daily insulin injections...it's much easier to take a pill! This book will provide you with everything you need to know about every single food that is out there. Buy it!!!

Finally replaced the little pocket calorie counters I inherited from my parents, with this. It is very comprehensive and pretty easy to use, although some foods are grouped under a category heading, and others (such as beans) are listed by specific variety--I still haven't found black beans in it. But the calorie/protein/sodium listings are invaluable, when I don't want to put on my patience hat and look things up on my phone.

I just received this book and am disappointed in the Dining Out section. Most of the restaurants listed are one's I've never heard of! Standards like Wendy's, Pizza Hut, Applebees, etc are all missing! Not sure if this is geared for the west coast or what, it doesn't say that when you order it. Not going to help me much. I live in the midwest and my son lives in the east and we both have these restaurants so I know they're not "local". Another drawback! We went to Bob Evans as it was listed in the book. When I tried to order my meal, only breakfast, kids meals, soup and some senior meals listed. Not one lunch or dinner entree is listed.

I am so glad I choose this book! it has great information, not only for foods you prepare at home but also lists ALL the major restaurants and chains in the US! great for folks who wish to eat out to make better choices BEFORE they leave the house. really awesome book! thank you

This is a great resource to use if you are counting calories, carbs, sugar, etc. It is very easy to use, and small enough so that it doesn't take up much room.

Returned this item to . Does not include sugar counts, difficult to read. Restaurant menu items are outdated (2012 edition). 779 pages, small print, difficult to locate items.

Great resource. i am doing a keto diet and this reference has it all. I keep it handy when preparing meals. Nerdy read but its amazing whats really in food as opposed to what we think is in it.

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