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Allan Borushek

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2014 CalorieKing Calorie, Fat & Carbohydrate Counter is a practical, simple & safe guide to the calorie, fat & carbohydrate content of tens of thousands of your favorite foods by Allan Borushek, health educator and registered dietitian. Building on CalorieKing Counters 23 years as the bestselling book of food counts, this edition has more up-to-date fast food and restaurant chain listings than any similar book with over 200 fast food and restaurant chains, plus unique listings for food courts, theaters, carnivals and more. The color-coded listings make it easy to compare foods at a glance and discover hidden calories, fat, and carbohydrates. Also included are helpful nutritional guides and tips on how to reduce calories, fat, and carbohydrates and how to lose weight. Plus, you'll find useful guides and bonus counters for: Alcohol, caffeine, fat & cholesterol, fiber, protein, iron, and sodium and reference sections on diabetes, weight management, osteoporosis and high blood pressure.



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