



My Calorie Counter: Complete Nutritional Information on More Than 8,000 Food Items from Popular Brands, Fast-Food Chains, Restaurant Menus, and Common Groceries

By Maureen Namkoong Ms Rd

Sterling. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 5.8in. x 4.2in. x 0.7in. From Everyday Health, the 1 online health destination, comes this updated and revised pocket guide to nutrition and weight loss. Now more reader-friendly than ever before, the book is divided into three categories: regular foods, store brands, and restaurant fast food. Each with thousands of entries. Every entry lists calorie count, fat content, and nutritional values, including carbohydrates, sodium, fiber, and protein. And all this is presented in an updated and easy-to-navigate format. See where you are on the BMI (Body Mass Index) scale and how many calories you should take in to shed the pounds safely. Success stories from the Everyday Health community will motivate you to meet your goals. As a companion to Everyday Health's popular site, my-calorie-counter.com, the book links directly with this popular online community, where you can create your own free account, track your progress, find a weight-loss buddy, and much more! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).

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