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The CalorieKing Calorie, Fat Amp Carbohydrate Counter 2014

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The Calorie Counter, 6th ed. May 18, 2017 Karen Nolan This completely updated and revised edition of the calorie-counting resource features calorie counts for more than 20,000 foods (including 900 take-out options and menu items from more than 110 national and region chains).

Calorie King Calorie, Fat Amp Carb Counter 2019

The CalorieKing Calorie, Fat and Carbohydrate Counter is a National Top 100 Best Seller and the most recommended book of its type by health professionals. It's easy to see why! The book is compiled by Allan Borushek, dietitian and health educator with over 30 years of clinical experience.

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