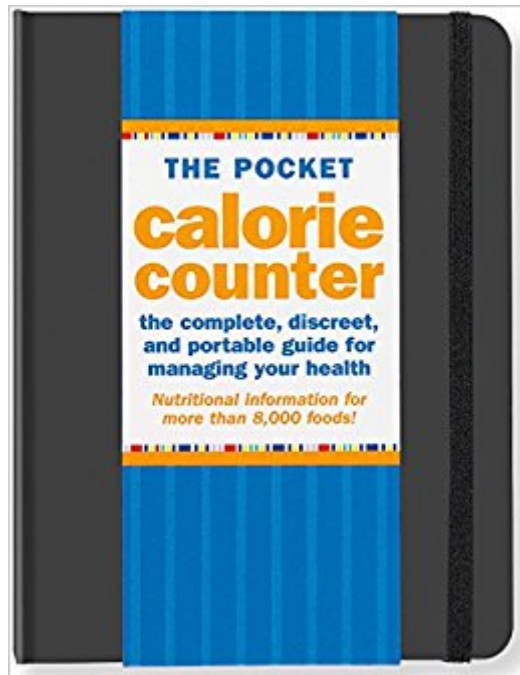


The book was found

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

Publisher: Peter Pauper Press; Updated edition (August 13, 2015)

Language: English

ISBN-10: 1441318879

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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: 3.5 out of 5 stars 26 customer reviews

Best Sellers Rank: #227,269 in Books (See Top 100 in Books) #141 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#)

Customer Reviews

Great to carry in your purse and helpful when trying to eat out and be healthy.

A great book to carry in your purse or back pack.

Useful resource.

My wife is the Kindle user in our family. She ordered this so she could look up calories for certain foods. So far it is not user friendly and she has not been able to find what she was hoping to find. Would return if possible but did not see that option.

Not a bad tool for checking calories. The only fault I found was the organization and that is mainly preference as I was used to my book which was sadly stolen from my vehicle.

I bought this for my mom, I have an app on my phone, but this is full of many foods and even helps you know your restaurant food calories. She is ver happy with it!

The paper counter is terrific and easy to follow. I also bought the Kindlr version and don't recommend it.

Very helpful and came on time. I recommend this to anyone who needs help counting calories.

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