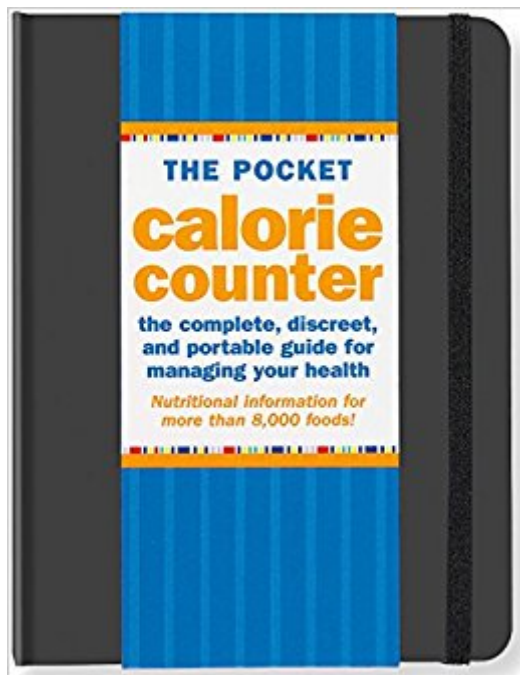


The book was found

# 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

ISBN-13: 978-1441318879

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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Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition Pocket Calorie Counter, 2016 Edition The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Pocket-Size Edition Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) The CalorieKing Calorie, Fat & Carbohydrate Counter 2017: Larger Print Edition Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More Easy Calorie, Carb, Fat, Fiber & Protein Counter FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER Counter Culture: A Compassionate Call to Counter Culture in a World of Poverty, Same-Sex Marriage, Racism, Sex Slavery, Immigration, Abortion, Persecution, Orphans and Pornography Tarascon Pocket Pharmacopoeia 2010 Classic Shirt-Pocket Edition (Tarascon Pocket Pharmacopoeia: Classic Shirt-Pocket Edition) Pocket Adventures Aruba, Bonaire & Curacao (Pocket Adventures) (Pocket Adventures) (Adventure Guide to Aruba, Bonaire & Curacao (Pocket)) 2016 ICD-10-CM Physician Professional Edition (Spiral bound), 2016 HCPCS Professional Edition and AMA 2016 CPT Professional Edition Package, 1e 2016 ICD-10-CM Standard Edition, 2016 HCPCS Standard Edition and AMA 2016 CPT Standard Edition Package, 1e The Glycemic Load Counter: A Pocket Guide to GL and GI Values for over 800 Foods The Antioxidant Counter: A Pocket Guide to the Revolutionary ORAC Scale for Choosing Healthy Foods Dr. Atkins' Diet Revolution: The High Calorie Way to Stay Thin Forever (1972 Edition) HCG Diet 800 Calorie Protocol Second Edition ISCN 2016: An International System for Human Cytogenomic Nomenclature (2016) Reprint of: Cytogenetic and Genome Research 2016, Vol. 149, No. 1-2 Tarascon Pocket Pharmacopoeia 2010 Deluxe Lab-Coat Edition (Tarascon Pocket Pharmacopoeia: Deluxe Lab-Coat Pocket)

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