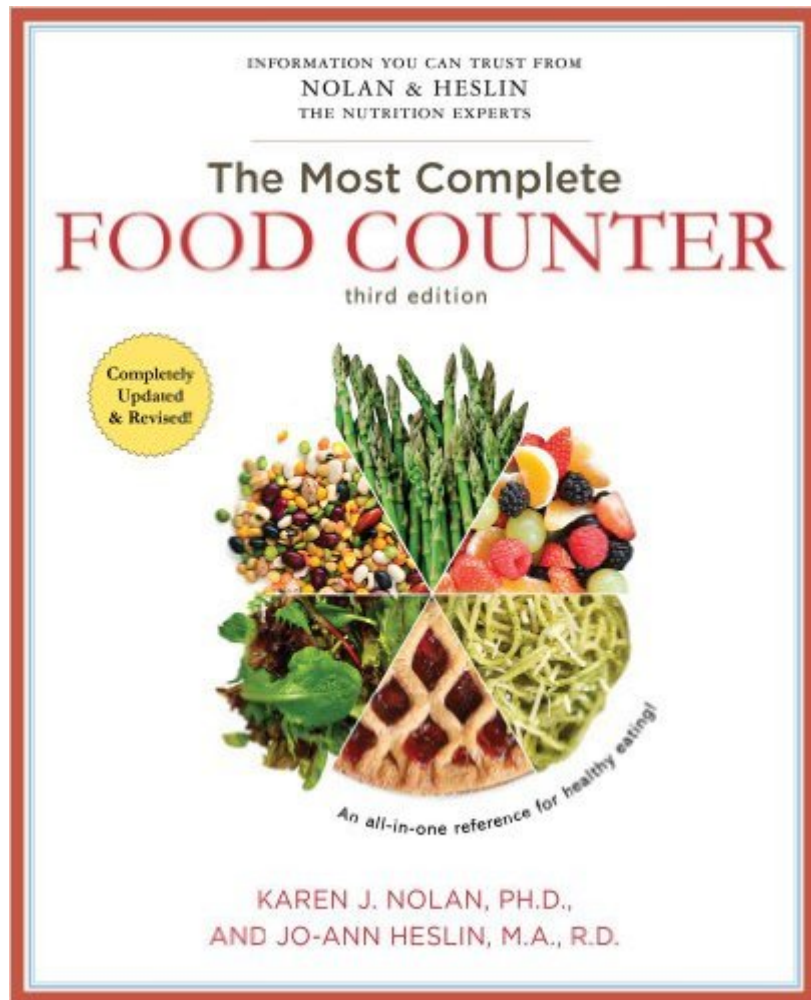


The book was found

# The Most Complete Food Counter:



## Synopsis

The authors, trained in science and nutrition define every food you eat, every nutrient you count, and each nutrition term you need in this comprehensive, indispensable reference. More than 7.5 million counter books in print from the nutrition experts • The ultimate resource for easy-to-use, up-to-date food and nutrition information that will help you live well and eat healthy! Calorie, protein, total fat, saturated fat, cholesterol, carbohydrate, sugar, fiber, calcium, sodium, potassium, folic acid, and vitamin C counts for more than 21,000 foods! Listings for national and regional brands, as well as organic, gluten-free, vegetarian, lactose-free, and sugar-free meals and snacks, plus powerhouse superfoods, whole foods, and more than 100 restaurant chains \* Nutrition basics for creating an individualized eating plan that meets your health needs \* Information on how to use the latest national Dietary Guidelines \* A comprehensive A-Z food and nutrition dictionary that quickly answers all your questions \* If you eat it, you'll find it here.

## Book Information

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Average Customer Review: 4.3 out of 5 stars • See all reviews (53 customer reviews)

Best Sellers Rank: #65,273 in Books (See Top 100 in Books) #71 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #96 in Books > Health, Fitness & Dieting > Reference #670 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

This has nutrition details for a great variety of foods. Each food is listed alphabetically and then has brand names. Included are portion, calories, fat, saturated fat, cholesterol, protein, carbs, sugar, fiber, calcium, sodium, potassium, folic acid and vitamin C. So complete and helpful!

Great resource for those needing to keep track of various nutrients- I'm diabetic, so need to keep track of carbs, and like to keep track of protein (harder to get enough of sometimes). This book has a LOT of brand name items, as well as more unusual foods, and even some over-the-counter

medicines ! It's larger than a mass-market paperback book that I've used for years, but has a LOT more entries (at least ones I'm interested in !). The first 55 pages are an overview of nutritional basics as well as a glossary of various diet types and terms. I think I've finally found one book that does the job of many :)

I need to go on a low potassium diet so I looked through my copy of this book for potassium. I found that many foods have a dash under potassium and no numbers. I mistakenly thought this meant that the food contained no potassium. Then I looked for some foods that I knew were loaded with potassium and saw that dash under them. I went to the front of the book to NOTES on page 60 and: --- (dash) indicates data was not available. This is a very good book, but very disappointed that so many foods have that dash under the potassium column. I now am trying to find another book that shows potassium for all foods. For the time being I'm searching the computer for information, and found that the law does not require that potassium be listed under Nutrition Facts.

If your interested in going out to eat this one is for you. If you are just a normal stay in and make your own food this one is out. Not interested in unhealthy restaurant food. Just want an honest easy to use food guide. This ain't it.

It may be the MOST complete food counter, but make no mistake, it is not FULLY complete. Very thorough listing of major nutrients (sodium, various vitamins) as well as fat, carbs, & protein in a good variety of generic, packaged, and major chain restaurant foods. The nutritional section follows the FDA "guidelines" which are majorly influenced by the agricultural industry and not science. Where the science is in those recommendations are the \*minimum\* nutritional requirements--used to guide food stamp and military feeding programs. Too much milk, too much meat, not enough emphasis on whole grains, and treating all vegetable oils as acceptable. For a better take on what science shows as good nutrition, see Walter Willette, MD (of Harvard Medical School): Eat Drink and Be Healthy. Particularly see the section on oils. You pretty much want to stick with extra virgin olive oil and peanut oil. Infrequent use of butter is ok. Cottonseed is full of pesticides, and canola--forget about it. Margarine is awful, just get rid of it. Eggs are good again. An introductory section goes over basic nutrition concepts. The rest of the book is GENERALLY organized by generic, packaged, and major chain restaurant foods, HOWEVER, strangely, some foods have other categories. This reduces the usability of the book considerably. The fact that it is so thick makes it a desk reference only (not very portable, certainly not a handbook. It also lacks an index,

which would have made it a bit more useful. I think this data would be more useful as an online database. . .

It's just absolutely a great resource and very, very helpful and informative. It's easy to use, and all the nutritional information anyone would ever want to know about practically any of thousands of food items, even by brand, etc., can quickly be found.. Fantastic job, ladies!

I like that I don't need a magnifying glass to read it. It is a very complete listing; a good book to keep at home to tell you the nutrients in things. The way things are laid out is a bit confusing but after awhile you get used to it, it is OK

I call this my "Food Bible" because I literally can find just about anything in here. It's too big and bulky for travel, best for home use, but it's got a nice sized font and is easier to read than most and like I said, you can find almost ANY food or beverage item in here. I love that it's not a cheap paperback pocket book.

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