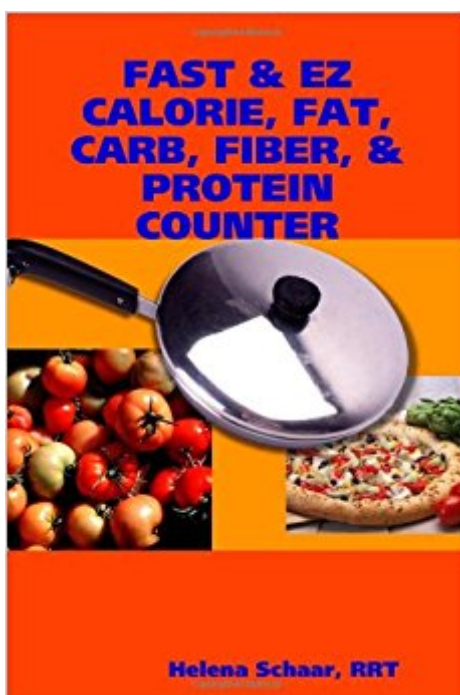


The book was found

FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER



Synopsis

FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER. The one and only book you need to optimize your health and manage your weight forever. Includes the awesome "EZ Fitness Guide" that will keep you fit for life. Explains all about calorie intake and expenditure, and how to burn calories faster. Safe, healthy, and simple weight management methods. Please read the preview to learn more about the book.

Book Information

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Average Customer Review: 3.7 out of 5 stars 32 customer reviews

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Customer Reviews

Helena Schaar is a licensed, registered, healthcare professional with over 15 years of experience. Helena works as a healthcare therapist, college faculty member, and medical writer with over 30 published articles and books.

I needed to count carbs and fiber. Once I got how this book was laid out, I find what I need to count. It's very helpful !

I went out and bought another book at the drugstore the next day. I gave this one to a friend who wasn't as interested in a wider variety of foods and restaurants.

A little big but useful. I am so used to the Calorie King book and its size but this offers the listing of all the items I needed while the Calorie King separates the fiber and protein in their own sections

and does not offer the many foods for those two.

Not as user friendly as I had hoped. But still not too bad. The information is good. When another counter does not have the information. This does

Disappointed. Did not realize it was published in 2004! Outdated with old USDA pyramid, plus all single foods listed in 3 oz portions not customary 4 oz. Other problems or omissions for those looking for Paleo info.

bought for my mom and it seems to be of great use to her.

THIS BOOK IS SO GOOD. YOU CAN COUNT YOUR CALORIES, CARBS AND FIBER VERY EASILY. I JUST LOVE IT BECAUSE IT IS SIMPLE TO USE AND PERFECTLY WRITTEN AND CORRECT.

I get better information on fitness pal. I tried to return but seller did not want back. Being donated to church sale.

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