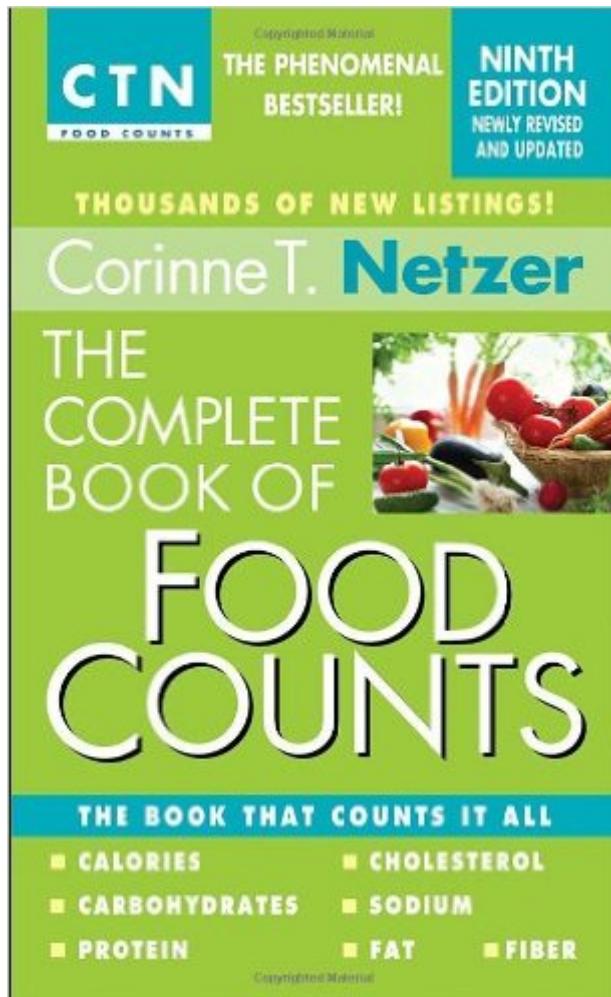


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# The Complete Book Of Food Counts, 9th Edition: The Book That Counts It All



## Synopsis

The phenomenal bestseller! Newly revised and updated! Thousands of new listings! THE INDISPENSABLE ONE-VOLUME REFERENCE FROM CORINNE T. NETZER, AMERICA™S #1 AUTHORITY ON THE NUTRITIONAL CONTENT OF FOOD. Are you counting your calories, carbs, or fat grams? Watching your cholesterol? Boosting protein or fiber? Whatever your nutritional needs, this completely revised and updated ninth edition of The Complete Book of Food Counts is the most authoritative, up-to-date reference you can buy. Featuring thousands more listings (and more choices) than ever before, this vital reference provides all the essential counts you need to know for generic and brand-name foods—“as well as the latest gourmet and health foods and a variety of ethnic cuisines. Whether it’s fresh or frozen, fast-food or slow-cooked, The Complete Book of Food Counts is an A to Z guide to the choices in your supermarket aisles, at your local farmer’s market, or served in your favorite restaurants.” Calorie counts • Carbohydrate grams • Cholesterol milligrams • Sodium milligrams • Protein grams • Fat grams • Fiber grams PLUS • A conversion table for weight and capacity measures • Alphabetized listing for easy reference • And much, much more! THE COMPLETE BOOK OF FOOD COUNTS

## Book Information

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Average Customer Review: 4.2 out of 5 stars (See all reviews) (371 customer reviews)

Best Sellers Rank: #3,452 in Books (See Top 100 in Books) #4 in Books > Reference > Consumer Guides #10 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #62 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

I didn't know anything about counting calories. Using online calculator I have found that it is extremely effective to count calories. My problem was I didn't know how many calories food had in it. I thought I was eating healthy but found I always ate to many hidden calories "the extras". So this

book goes with me everywhere. It made me aware of high calorie food and I've lost 30 pounds easily. Using this as I reference my eating 5 times a day doesn't make me gain but lose since I am better educated. Get it you won't be sorry!

Where did my review go? I was typing and all of a sudden my review was replaced by an oversized picture of the book. Getting out of that, my review was gone and I was kicked out of .I'll try again.This book is one of the best I've found to date. There are over 900 pages of food choices with counts for protein, carbs, cholesterol, sodium, fat, fiber and calories. It would be hard to find a food not included. However, for my personal needs I would like to see a couple of things that would improve the book.1. There is no count for the amount of sugar in the food. As one who needs that info due to high triglycerides it would be very useful. Triglycerides don't receive their own label entry because they are manufactured by the liver. While there is cholesterol included, my own situation calls for the sugar count since my cholesterol levels are fine.2. I would love for the restaurant menu information in a seperate section. They are simply included within the alphabetic listing. And while I understand that not all restaurants could ever be included, it would be great to have some of the major chains included for comparison purposes. For example, Pizza Hut is analyzed but not Godfathers. And it would be nice to have a couple of restaurants in each food category such as Olive Garden vs Carrabas. Or Red Lobster vs. Joe's Crab Shack, etc.3. Many of the entries represent what appear to be regional brands so some of the brands in my midwest location are not included. But at least the national brands are included so one can suppose that a similar item would be comparable.Overall, I would recommend this. Much better than another book about triglycerides that I purchased at the same time.

Well, this book is really not for me. I guess I bought it in haste and therefore waste! It is all about name brand items and eating out as in restaurants. I was wanting a more complete "basic" calorie counter book. I don't eat out enough to warrant so many pages dedicated to it. Sorry. on the whole is my favorite place to shop.

I have to agree with the other few reviewers & say that I too think this book has got wayyyyy too much garbage in it!! I mean... I can't help but wonder doesn't ANY one cook their OWN food nowadays??? -Makes it hard to find just simple things.I too, just want a plain, whole food calorie counter book. IS there such a thing?? If there is, pleeeease, do let me in on it!! ;-)

Way too many name brands getting in the way of finding what you are looking for. Many of the name brands they use I have never heard of because they don't sell them around here. You can eventually find the info you are looking for but I find myself writing down the items I've looked up so I don't have to go through the hassle every time. Helpful info when you find it, but quite frankly it looks more like they are pushing a few name brands as though they own stock in the company!

Netzer's Food Counts is an indispensable tool for anyone trying to count carbs. It is well laid out, and has a mind dizzying amount of entries. As a foodie, who eats plenty of varied weirdness, its been a delight that there is nothing I have looked for that was not included! If you need to keep track of nutrition counts of your diet, this is your book!

This is very useful, but I must admit to being very surprised and more than a little disappointed that it doesn't include sugar grams. This is very important to many of us, not just diabetics.

This book comes in handy but I must agree with other reviewers. I need sugar counts of my food. And many name brands are listed that I do not recognize.

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