



## The CalorieKing Calorie, Fat & Carbohydrate Counter 2016: Pocket-Size Edition

By Allan Borushek

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Ranked #1 in food counters by Amazon.com readers, in major bookstores, and in industry-trade papers. With more than 15 million print copies sold; this book has received the highest average reader-rating of all food counters and books in this category.

Whether you want to lose weight, keep track of carbohydrates to help manage your diabetes, reduce other diet-related health risks, or just want to make healthier eating choices, the CalorieKing Calorie, Fat and Carbohydrate 2016 is your best choice. It is a national best-seller, and favorite among both consumers and health care professionals.

Start making healthier choices today with the CalorieKing convenient and reliable guide.

Take it everywhere; look up foods before you eat, when eating choices count the most!

The CalorieKing Counter makes it easy to know which foods to avoid. Better yet, provides options to help you make healthier choices to accomplish your weight and health goals.

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*By Allan Borushek*

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#### About the Author

Allan Borushek is a dietitian and health educator with over 30 years' experience in clinical dietetics and community health education. He is the founder of Australia-based Family Health Network, parent of CalorieKing Wellness Solutions, Inc. Mr. Borushek has authored and published several books on weight control, heart disease prevention and diabetes. Mr. Borushek is best known for his 'Top 100' annual best-seller, CalorieKing's Pocket Calorie, Fat & Carbohydrate Counter, which has sold more than 15 million copies.

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