



Thorsons Calorie Counter (New edition)

By Lorraine Hunter

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Thorsons Calorie Counter (New edition), Lorraine Hunter, The perfect companion to fasting and following the 5:2 Diet. The Thorsons Calorie counter is easy to use and extremely comprehensive with over 4,000 products listed. Whether you are weight conscious, health conscious or just calorie conscious, this book is the ideal first reference for anybody following a calorie-controlled programme (i.e. Intermittent Fasting, 5:2 Diet or the Fast Diet). Comprehensive and easy to use, this guide contains everything you need to know about calorie counting. Divided into simple food sections, both branded and generic, this perennial bestseller includes: * take-away foods and eating out * ready-made meals, including brand names such as Sainsbury's, Boots, Waitrose and Marks & Spencer * snacks * ethnic foods * drinks (both alcoholic and non-alcoholic) * vegetarian foods Also included are useful facts about the fat, protein and carbohydrate content of the foods mentioned, plus a guide to estimating the content of foods that aren't listed. Designed with our real eating patterns in mind- taking into account the fact that most of us do not eat 3 square meals a day but eat and snack on the run- this book...



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Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

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