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ANNETTE B. NATOW, Ph.D., R.D.
and **JO-ANN HESLIN, M.A., R.D.**

Pocket Fat Counter

Annette B. Natow, Jo-Ann Heslin



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The Pocket Fat Counter Annette B. Natow, Jo-Ann Heslin, 1998-05 Updated and revised this incredibly handy pocket sized resource makes it easy for readers to live a healthy low fat lifestyle while keeping on the move It includes the latest information on national brand names snacks fresh foods restaurants and takeout eateries **Allan Borushek's Pocket**

Calorie and Fat Counter Allan Borushek, 1992-03 **Harriet Roth's Fat Counter** Harriet Roth, 2007-01-02 The revised edition of Harriet Roth's bestselling Fat Counter now with updated material on trans fats carbs and sugar Americans have more food choices and more to watch out for than ever Research suggests that trans fat carbohydrates and sugar can be major diet busters It's key to cut down on dietary fat and saturated fat in particular and watch food labels In this third revised edition of her bestselling guide Harriet Roth provides guidelines for identifying and eliminating the foods that will make you fat without giving up the pleasure of delicious dining It includes New categories for trans fats sugars and carbs Helpful information for diabetics plus glycemic index Updated fast food and restaurant section Weight loss tips Expanded listings of frozen foods and new products Invaluable information on cholesterol saturated fat fat percentages and sodium Personalized charts with formulas for figuring out your ideal fat and calorie intakes And more MORE THAN FIVE MILLION COPIES SOLD *The Calorie Counter* Annette B. Natow, Jo-Ann Heslin, 2003 Now revised and updated this classic by two

nationally renowned nutritionists contains information on more than 20 000 food entries featuring items from national and regional restaurant chains brand name foods take out favorites and much more Original **The Pocket Carbohydrate Counter Guide for Diabetes** Shelby Kinnaird, 2018-06-26 The Pocket Carbohydrate Counter Guide for Diabetes offers the simplest most accurate strategies for counting carbs and lowering your blood sugar When you have a strategy for counting carbohydrates you don't need to consult lists of nutritional information every time you sit down to eat The Pocket Carbohydrate Counter Guide for Diabetes makes it easy to manage diabetes in your daily life with simple nutritional strategies to accurately count carbs and maintain normal blood sugar levels Written for recently diagnosed and long time diabetes patients alike this handy pocket reference is a simple solution to eliminate guesswork and confidently judge the carbs in every meal From setting targets and finding your personal sweet spot to actionable strategies like meal planning this carbohydrate counter book makes counting carbs as easy as 1 2 3 Never overestimate or underestimate carbs again This carbohydrate counter book keeps your blood sugar levels in check with Effective tools for counting carbs with clear step by step instructions and illustrations for accurately measuring carbs plus alternative methods such as meal planning and balancing your plate Lifestyle advice that includes recommendations for smart snacking and offers tips on what to order while eating out An introduction on the connection between carbs and diabetes that provides an in depth look at what happens in your body when you eat carbs and an overview of foods that contain and hide carbs Stop guessing learn simple strategies for counting carbohydrates and lower your blood sugar with this carbohydrate counter book *The Protein*

Counter Annette B. Natow, Jo-Ann Heslin, 2003-01-28 Two nationally recognized nutrition experts provide readers with the most up to date information to calibrate the best protein balance in their diets based on activity level age weight and overall health Includes protein fat carbohydrate and calorie values for 15 000 brand name and generic foods Reissue **The Cholesterol Counter** Annette B. Natow, Jo-Ann Heslin, 2004 Contains statistics on cholesterol fiber and calories of brand name and generic foods as well as menu items in restaurant chains *The Food Counter's Pocket Companion, Fifth Edition: Calories, Carbohydrates, Protein, Fats, Fiber, Sugar, Sodium, Iron, Calcium, Potassium, and Vitamin D - with 30 Restaurant Chains (Fifth)* Jane Stephenson, Rebecca Lindberg, 2022-03-01 Healthy eating is easier than ever with 12 essential nutrient values for over 4 500 foods right in your pocket The Food Counter's Pocket Companion is your indispensable guide to meeting your nutrition goals Whether you're seeking vegetarian and plant based foods looking to boost your fiber intake or limiting saturated fat salt or sugar this book is here to help you make informed choices Find your favorite fresh frozen and prepared foods including 100s of grocery store brands and 30 popular chain restaurants under common sense quick reference categories from A to Z Plus you'll learn how to set your personal targets for calories fluids and key nutrients At home or on the go whether you need help navigating grocery store aisles or restaurant menus this handbook takes the work and tech out of eating right for you Make your food choices count with your pocket companion **The Diabetes Carbohydrate and Calorie Counter** Annette B. Natow, Jo-Ann Heslin, 2003-01-28 In its first update since 1991 this first nutrition counter for people with diabetes by two nutrition experts is updated with more than 10 000 food entries Packed with advice early warning signs and menu plans this guide shows readers that they can control their disease and still eat healthy and flavorful food Reissue **The Healthy Heart Food Counter** Annette B. Natow, Jo-Ann Heslin, 2002-09 In this latest addition to the successful Natow Heslin Counter series the authors offer their trusted advice for getting and staying heart healthy With a sound workable blueprint for longevity and success this book provides individualized guidelines for handling personal risk listings for restaurant chains and takeout food and food counts for calorie sodium fat and cholesterol **The Vitamin and Mineral Food Counter** Annette B. Natow, Jo-Ann Heslin, 2004-04 Listing the contents and calories of more than 7 000 foods including brand name restaurant and takeout foods this addition to the successful food counter series offers an introductory primer on vitamins and minerals drug nutrient interactions daily recommendations and more Original **The Ultimate Carbohydrate Counter** Annette B. Natow, Jo-Ann Heslin, 2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide Contains more than 15 000 listings of brand name foods generic foods and restaurant selections with information on carb and sugar content and portion size Reissue **Count on a Healthy Pregnancy** Annette B. Natow, Jo-Ann Heslin, 1999 Written by the bestselling authors of The Fat Counter this portable nutrition guide helps a woman through all nine months of pregnancy by answering common questions and providing nutritional values for 500 foods Includes a place to set goals record weight and jot down questions to ask health care

providers **Eating Out Food Counter** Annette B. Natow,1998-09 From breakfast to dinner to late night snacks enjoy the fun convenience and variety of eating away from home with this essential and up to date guide **The Pocket Calorie Counter** Suzanne Beilenson, A speedy discreet way to stay informed about the content of your meals and snacks wherever you are Count on it Contains more than 8 000 entries Provides calorie counts for most foods and beverages as well as protein carbs fiber sodium fats and other essentials Includes menu items from popular restaurants too Tables are fully visible at most font sizes no need to squint Column headings in nutritional information charts signify as follows SS Serving Size C Calories TF Total Fat g SF Saturated Fat g S Sodium mg CB Carbohydrates g F Fiber g P Protein g **Vest Pocket Fat Counter** Susan Kagen Podell,1992-02-01 Here is the ideal way to help reduce the amount of fat in your diet as well as the critical volume of calories derived from fat This concise authoritative and easy to use guide provides current information on fat and fiber basic recommendations for reducing fat intake and dietary guidelines **Allan Borushek's Pocket Calorie and Fat Counter** Allan Borushek,1997 **Get Skinny the Smart Way** Annette B. Natow,Jo-Ann Heslin,2002 The revered experts behind the bestselling Counter nutrition books expose the dangers of today s most popular diets and offer the most complete quick results program available for nutritious healthy weight loss **The Fat Counter** Annette B. Natow,Jo-Ann Heslin,2005 Celebrating 20 years in print this invaluable guide shows readers how to reduce fat intake lose weight and protect their health It contains the most up to date listings for restaurant chains and take out foods as well as the latest news on trans fats food labels and more Reissue **Diabetes: the New Type 2** June Biermann, Virginia Valentine, Barbara Toohey,2008-09-11 An up to the minute whole life guide to living with and managing type 2 diabetes the fastest growing form of the disease in the United States and around the world With 1 5 million new cases diagnosed each year diabetes is a certified American epidemic 7 percent of the U S population will be diagnosed with diabetes in their lives with type 2 diabetes the fastest growing form of the disease In **Diabetes The New Type 2** a registered nurse specializing in diabetic ailments and two diabetes educators two of whom are diabetics themselves deliver medical and lifestyle advice with good humor high energy and straight talk This update of their classic **Diabetes Type 2 and What to Do** is filled with essential information on the latest developments in leading a healthy happy life with type 2 diabetes Learn about the basics of maintaining good physical and emotional health the most current diabetes studies and information as well as Breakthroughs in medication diet and exercise to maintain healthy glucose levels Lowering your risk for heart attacks strokes and other diabetes related health conditions Caring for children with type 2 diabetes Diabetes and Alzheimer s and much more An invaluable resource **Diabetes The New Type 2** is a high energy user friendly approach to one of the most prevalent health issues of our time

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