



The Pocket Calorie Counter, 2014 Edition (Portable Diet Guide)

Suzanne Beilenson

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Count on it! Keep track of everything you eat and drink with this sleek little **Pocket Calorie Counter: The Complete, Discreet, and Portable Guide for Managing Your Health**. 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 many, many menu items from popular restaurants, too!
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