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Good Housekeeping Calorie Counter: Plus Fat, Saturated Fat, Carbs, Protein and Fibre

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Creating a balanced diet for the family can often be tricky, and eating on-the-go is a minefield when you're trying to lose weight. Now it couldn't be easier to work out exactly what's in your food, with the Good Housekeeping Calorie Counter. This is a compact, comprehensive collection of up-to-date calorie information and nutritional data that you can use any time, and place, to help you make informed food choices. Clearly organized and easy to use, each food is listed according to average portion size, along with saturated fats, protein, carbohydrate, fat and dietary fibre for every one. Packed with thousands of entries, including fast food, takeaways and beverages, plus sensible, nutritional advice, the Good Housekeeping Calorie Counter is an essential companion for every health-conscious shopper.

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