



Pocket Calorie Counter, 2016 Edition

Peter Pauper Press

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Pocket Calorie Counter, 2016 Edition

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2016 edition! Count on it! Keep track of everything you eat and drink with this sleek little **Pocket Calorie Counter**. 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!
- Compact enough to take with you when dining out.
- Elastic band attached to back cover keeps book closed or keeps your place.
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- Book measures 4-1/2 inches wide by 5-7/8 inches high.
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