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The calorieking blog by allan borushek

Brunch, savory: Calories: Fat (g) Carbs (g) White bread, regular slice (1 oz) 75: 1: 14: Wheat bread, regular slice (1 oz) 80: 1: 14: Brioche/sweet bread, 0.5 slice

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2015 CalorieKing Calorie, Fat & Carbohydrate Counter by Allan Borushek, Registered Dietitian.

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The calorieking calorie, fat, & carbohydrate

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CalorieKing is an online weight loss club and software developer with a program centred on healthy eating and exercise ("calories in, calories out"). The company

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Daily food log

www.calorieking.com for calorie info, FOOD AMOUNT # Dairy/CALORIES Protein grams Fat grams Carbs grams Fiber grams Sat. Fat grams Non-Dairy servings

2009 calorieking calorie fat and carbohydrate

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Calorie counter (calorielab)

A calorie counter and nutrition facts database for tens of thousands of foods, including generic foods, brand name foods, and menu items from hundreds of fast food

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