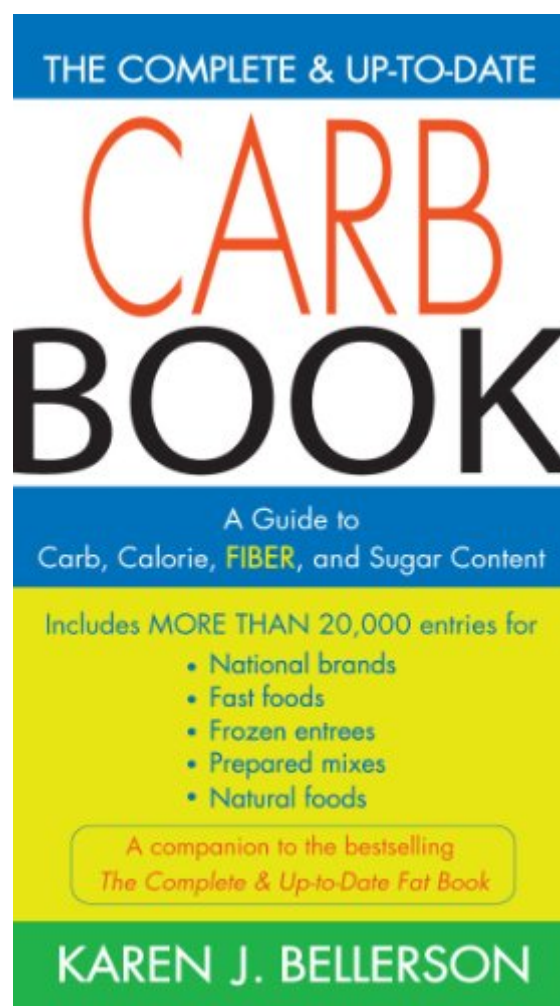


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# The Complete And Up-to-Date Carb Book: A Guide To Carb, Calorie, Fiber, And Sugar Content



## Synopsis

The Complete & Up-to-Date Carb Book is the next generation in carb management, providing a quick, comprehensive way for savvy dieters to take control of their food intake and smartly manage their health. By learning how to calculate their net carb intake, dieters will not fall prey to the popular fads in dieting today. Bellerson includes information on calories, fiber and sugar grams, and total carb numbers for brand-name and generic foods, fast foods, processed and prepared foods, as well as natural foods and snacks. In all, there are more than 20,000 entries ranging from A to Z. The introductory material explains the glycemic index and how to use it, and the importance of fiber and sugars in calculating carbohydrate values. The strategies outlined here are easily compatible with The Zone, South Beach, and other balanced diet plans.

## Book Information

File Size: 78821 KB

Print Length: 624 pages

Publisher: Avery; 1 edition (August 17, 2006)

Publication Date: August 17, 2006

Sold by:Â Penguin Group (USA) LLC

Language: English

ASIN: B001ODO65C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #656,718 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68

inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #318 inÂ Kindle Store > Kindle eBooks >

Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #592 inÂ Books > Health,

Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

Every day people are finding out they are diabetic. Counting Carbohydrates adds years to your life if you find yourself to be a diabetic. This book actually can help with meal planning for both the type 1 or type 2 diabetic. Sometimes it is just not practical to count carbs at fast food locations, beginning on page 557 is the fast food section. The calorie and carb content in this section is quite a

revelation. It is very practical stuff. The book covers it all: from breakfast bars to candy, cheese, and cornbread to every type of food you can come up with, these pages cover everything. This book actually saves lives because it gives you the facts. The diabetic no longer can do the death dance with the facts in hand. As a funeral director I often see diabetes as the secondary cause of death. The truth is there is still no cure for diabetes. This book is a welcome tool in blood sugar control. Every Diabetic needs to purchase this book.

FOR THOSE LOOKING FOR A BOOK LISTING CARB FACTS....LOOK NO FURTHER. THIS BOOK IS "EXACTLY" WHAT I WAS LOOKING FOR. IF YOU CAN'T FIND THE PARTICULAR FOOD IN THIS BOOK, CHANCES ARE IT DOESN'T EXIST. I WOULD HIGHLY RECOMMEND THIS BOOK FOR THOSE WHO ARE WATCHING THEIR BLOOD SUGAR. A MUST HAVE FOR ANY DIABETIC.

My son was diagnosed with Juvenile Diabetes in may, 2010, and we were given The CalorieKing Calorie, Fat & Carbohydrate Counter 2007 in the hospital. The only problem I had with that book was it doesn't list fiber, so when I bought the 2010 edition I picked up this book. Honestly, it's worthless. It lists foods by volume, like 1/2 cup, instead of ounces. The Calorie King lists some foods by 1/2 cup, ounce, and states raw and cooked. A 1/2 cup of sweet potatoes could be double or 1/2 the amount of carbs listed depending on how whipped up they are. Don't waste your money.

Had high hopes that I'd have an easy reference right in my Kindle except the lists are in fine print which cannot be enlarged like other Kindle books making it nearly impossible to read. Also the search feature on Kindle will not take you to foods in the lists. Would not recommend this book to Kindle users.

I have found this useful to me. I love the fact that it shows the cal and sugar content in addition to the usual info--most books that I found did not show both. very complete and it was a good buy--good condition

It is exactly what I wanted. The diet of counting sugar, carbs and calories works and this book will assist you in keeping a daily log so that you do not exceed your numbers. Since June 16, 2016, I lost a total of 23 pounds. The first twenty of these pounds were lost in 9 weeks.

I use it with my other books that I have now to help when the other book doesn't have my info

My cousin needed this book immediately because he had a serious health issue. WE ordered it on-line and it came immediately, in good condition and it was exactly what he needed.Thank you!

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