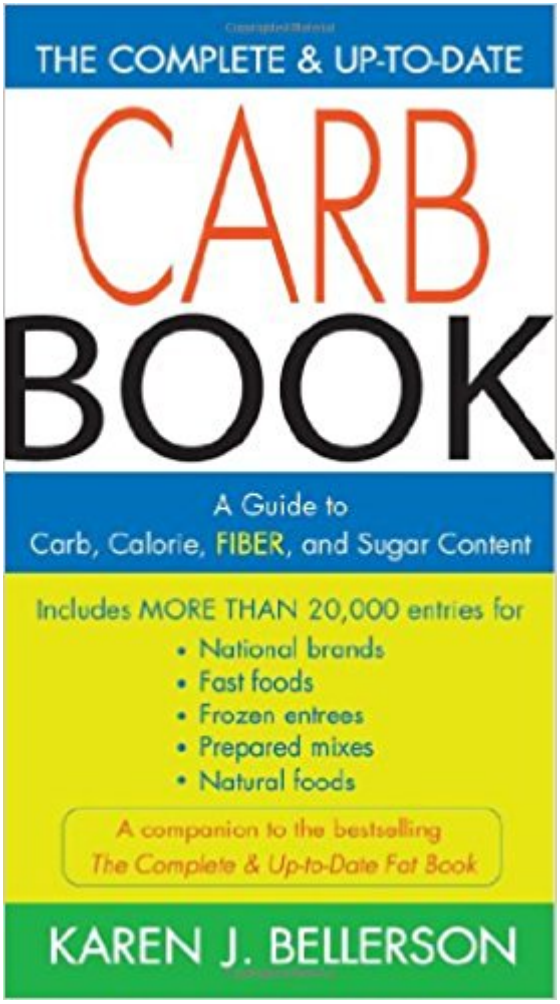
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The Complete And Up-to-Date Carb Book: A Guide To Carb, Calorie, Fiber, And Sugar Content



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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

Paperback: 624 pages

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Customer Reviews

Karen Bellerson has been working in the field of nutrition for the past fifteen years and is the author of The Shoppers Guide to Fat in Your Food, Low-Fat, No-Fat Cookbook and The Complete & Up-to-date Carb Book. She lives in Chandler, Arizona.

Great book filled with info to make the choices you need to see when eating properly

This book really good

Good book for diabetics counting carbs.

The most complete book of foos info. I've seen.

We purchased this book because my dad was recently diagnosed with Diabetes. We have found this book to be very helpful

Everyone should have this book. It give calories, carbs etc. Great book!

Great Book!

As with most such books, it contains a wealth of information but may not be in the best format for finding it.

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