



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

Karen J. Bellerson

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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.

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Robert Marshall:

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Ollie Brooks:

Within this era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become considered one of it? It is just simple strategy to have that. What you need to do is just spending your time very little but quite enough to possess a look at some books. Among the books in the top collection in your reading list is The Complete and Up-to-Date Carb Book: A Guide to Carb, Calorie, Fiber, and Sugar Content. This book which is qualified as The Hungry Hillsides can get you closer in becoming precious person. By looking way up and review this reserve you can get many advantages.

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