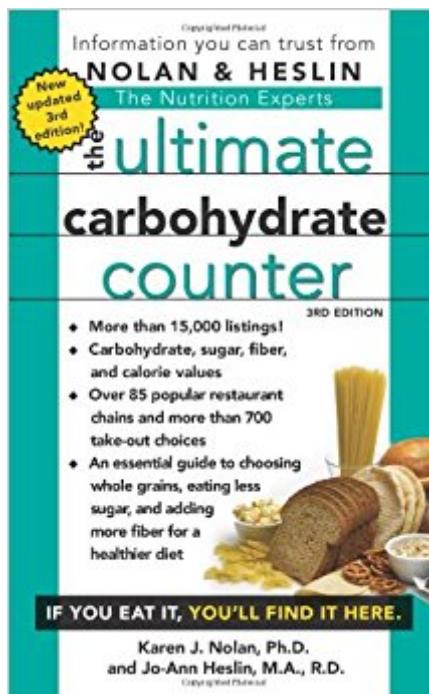


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# The Ultimate Carbohydrate Counter, Third Edition



## Synopsis

This fully updated and revised second edition, part of the successful food Counter series, is the essential guide for all dieters. An estimated 59 million Americans are following a low carbohydrate eating plan. Let the nutrition experts help you sort through the carbs that are best for you! Carbs are blamed for everything from obesity and diabetes to heart disease and acne. Before writing them off completely, it's important to know that the kinds of carbs you eat, how much you eat, when you eat them, and what you eat them with, makes a huge difference. Nationally known nutritionists Natow and Heslin show you how to use the low carb trend to your advantage. Inside you'll find: How different carbs—fiber, sugar and starch— affect your body differently How to select a carbohydrate eating plan that is right for you The difference between natural sugars and added sugars, how to recognize them, and why your body needs one and not the other The Ultimate Carbohydrate Counter is your go-to guide to keeping an eye on your carb intake when you shop, eat out, or grab a quick snack.

## Book Information

Series: Ultimate Carbohydrate Counter

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## Customer Reviews

Karen J. Nolan, PhD, holds advanced degrees in science and human anatomy. She is the coauthor of ten books on nutrition. For more information, visit: [TheNutritionExperts.com](http://TheNutritionExperts.com). Jo-Ann Heslin, MA, RD, is a professionally trained, registered dietitian and also a regular columnist for [HealthNewsDigest.com](http://HealthNewsDigest.com). She is the coauthor of more than thirty books on nutrition. For more information, visit: [TheNutritionExperts.com](http://TheNutritionExperts.com).

I ordered this for my mother who has been on a low-carb diet for several months and was having a hard time finding a good carb list. This book's details are very thorough - even restaurant listings. I ordered it used and the condition was just as described and it arrived very quickly.

This little book for counting carbohydrates is very thorough. It is arranged alphabetically which makes all things easy to find and read. It is the best I have ever found. and it will fit in our purse. I would recommend it to all who are dieting and need the help of watching what we eat.

I have diabetes and this book is essential - so many items do not have the carbs marked (restaurants, fresh fruits & veggies). If you need to count carbs - this is the book to buy.

This book was exactly what I was looking for. During a pre-diabetic seminar I discovered that in addition to pure sugar, carbohydrates will also turn into sugar. Consequently, I discovered that one of the several ways to help prevent type 2 diabetes one should limit the amount of carbohydrates they intake. The carbohydrate tables/listings in this book was a perfect tool for counting and limiting my carbohydrate intake.

.I am diabetic. I need to control my carbs because my sugar has not been under control. I really needed these books to help me keep carbs under control. I have always ordered from and been very happy with all purchases.

Can't fine any thing.

Very thorough with good explanations at the beginning on what carbs are. A good carb reference.

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