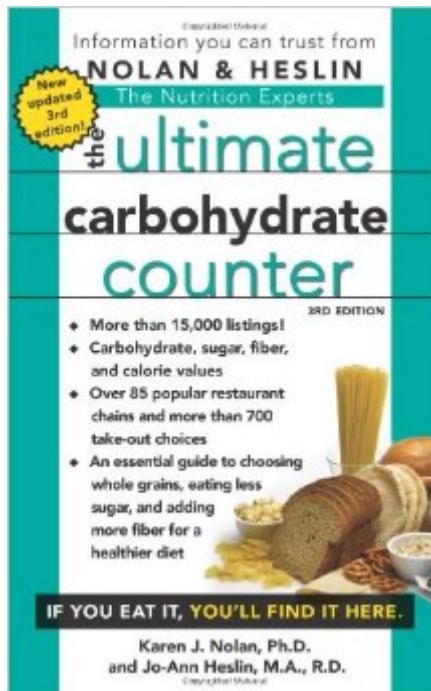


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# The Ultimate Carbohydrate Counter, Third Edition



## 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

Mass Market Paperback: 624 pages

Publisher: Pocket Books; 3 edition (December 29, 2009)

Language: English

ISBN-10: 1416570373

ISBN-13: 978-1416570370

Product Dimensions: 4.2 x 1.1 x 6.8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (67 customer reviews)

Best Sellers Rank: #34,112 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #59 in Books > Health, Fitness & Dieting > Reference #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

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

.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.

Well...I was looking for something that was organized by theme: vegetables, grains, etc. I already have a book that is inches thick organized the way this one is which is alphabetical. So, you go to broccoli under "B" and cauliflower under "C" and potatoes under "P" and etc. I does give the counts of brand names (the information you can just as easily find on the package). I find this way of organizing confusing and time-consuming.

This book is a complete copy of the Diabetes Counter. Both books have the exact same info in it. Very disappointed

Again, too many fast food joints. All people need is a god comprehensive carb counter listing portions of many foods. Yes, some of us go to those other places, yep. I had breakfast in one of them in 2012. But, otherwise I need info on real foods, condiments, flavorings etc. Doing the math keeps the brain active.

In a nutshell this book sucks.I'm a type one diabetic trying to learn how to count carbs and I couldn't even find baked potato in the listings.Three pages of potato B.S. but no baked potatos or boiled potatoes?Are you kidding me?The same holds true for everything else I've tried to locate in this apparent fast food primer.Ultimate carb counter and nutrition experts my ass.

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