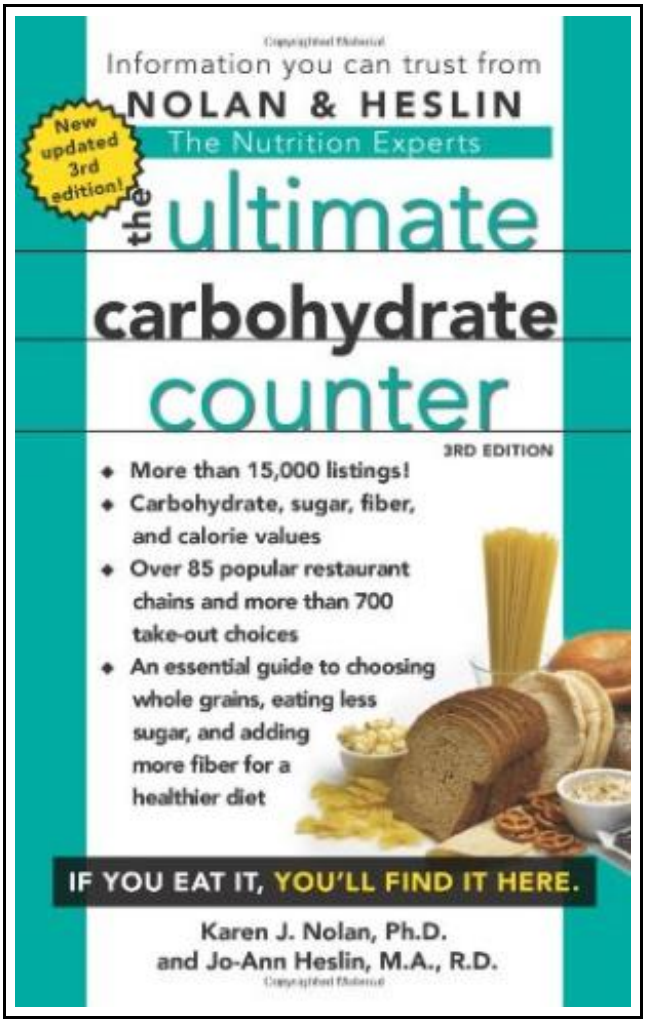
The Ultimate Carbohydrate Counter (3rd)



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Reviews

It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Tierra Kunde)

THE ULTIMATE CARBOHYDRATE COUNTER (3RD)

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Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, The Ultimate Carbohydrate Counter (3rd), Jo-Ann Heslin, Karen J Nolan, 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.

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