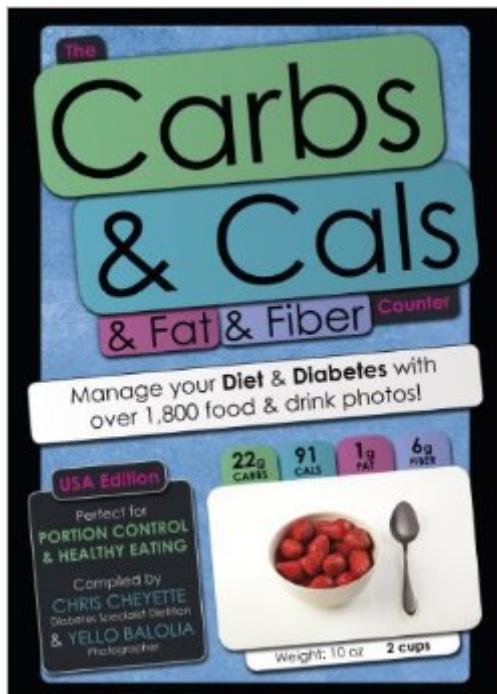


The book was found

# The Carbs & Cals & Fat & Fiber Counter (USA Edition): Manage Your Diet & Diabetes With Over 1,800 Food & Drink Photos!



## **Synopsis**

MANAGE YOUR DIET AND DIABETES THE CARBS & CALS WAY, WITH OVER 1,800 FOOD & DRINK PHOTOS! The Carbs & Cals & Fat & Fiber Counter is the FIRST diet and diabetes book to show hundreds of photos of popular USA food and drink items in up to 6 portion sizes, with the carb, calorie, fat, and fiber values clearly displayed in color-coded tabs above each photo. Simply compare the food on your plate with the photos in the book. With this unique book, carb and calorie counting has never been easier! This revolutionary, easy-to-use guide to diet, weight loss, portion control, and diabetes management will help you to: See at a glance the carbs, calories, fat, and fiber you are consuming. Take out the guesswork and time spent weighing food. Reduce your calories and fat intake by selecting a smaller portion or swapping a high-calorie food item for a healthier alternative. The book contains: An 11-page introduction with information about diet and diabetes. 310 pages of full-color photos arranged in 19 food and drink categories. Up to 6 portion photos for each food item. The Carbs & Cals approach has already helped thousands of people in the UK to manage their diet and diabetes, so we are proud and excited to now bring you this brand new USA version of our bestselling book!

## **Book Information**

Paperback: 340 pages

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Product Dimensions: 5.8 x 0.6 x 8.3 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #786,522 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Nutrition > Fiber #6062 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## **Customer Reviews**

Okay, so I am one who loves pictures and this book has pictures of portions as well as the nutritional information. Even gives you the plate/bowl/glass size. A great feature is there is an app for your phone! I do not yet have an internet phone, but when I do get one, this is a must app for me!

fab book very clear and very useful in showing how to manage portion size ...also brilliant for non speaking english nationals as in picture for so very helpful tool and resource , highly recommend for all age users

It is a fab book. Diabetes is much better to manage with the help of the books. The book is called carbs and cals and fibre counter

Shows pictures of portion sizes for foods and beverages. Very good illustrations but it was not exactly what I thought I was buying but very nicely put together and informative.

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The Carbs & Cals & Fat & Fiber Counter (USA Edition): Manage your Diet & Diabetes with over 1,800 food & drink photos! Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes, type 2 diabetes, diabetes symptoms, type ... diet, glucose, type 2 diabetes symptoms) Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Diabetes: Diabetes Black Book: Reverse Diabetes

Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) Diabetes: Diabetes, Causes, Symptoms & Effects and How To Manage It For A Healthy, Successful Life: Diabetes, Diabetes Diet, Diabetes Type 2, Insulin Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: The Best Diabetic Cookbook - Over 30 Healthy and Delicious Recipes That Will Help You Start Controlling Your Diabetes (Diabetes Food, diabetes diet plan, diabetic diet books) Diabetes Diet: The Step By Step Guide To Reverse Diabetes- 3 in 1 BOX SET© Over 800+ Delicious Recipes & Two FULL Months Diabetic Meal Plan (Diabetes Cure BOX SET Cook Book)

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