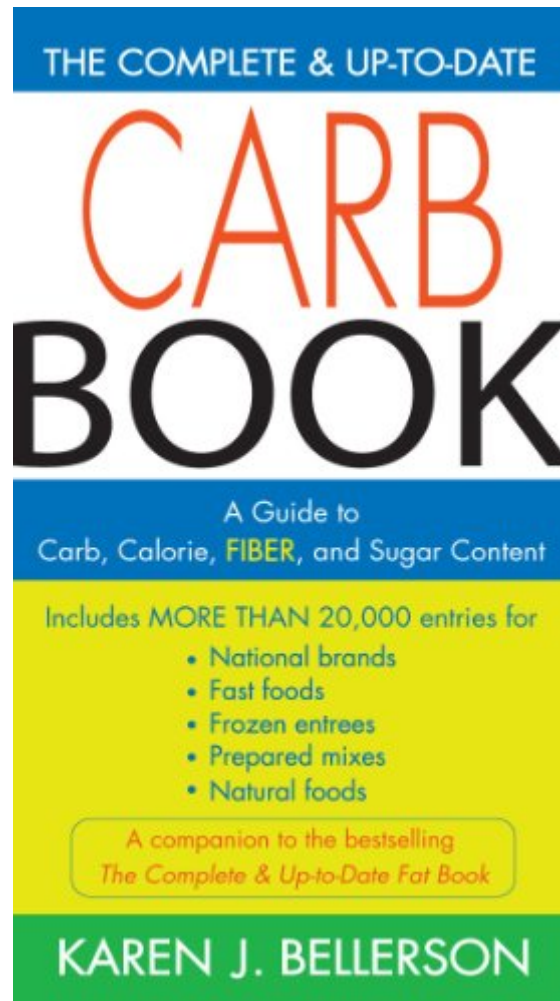


The book was found

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



## Synopsis

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.

## Book Information

File Size: 78821 KB

Print Length: 624 pages

Publisher: Avery; 1 edition (August 17, 2006)

Publication Date: August 17, 2006

Sold by:Â Penguin Group (USA) LLC

Language: English

ASIN: B001ODO65C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #656,718 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68

inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #318 inÂ Kindle Store > Kindle eBooks >

Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #592 inÂ Books > Health,

Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

Every day people are finding out they are diabetic. Counting Carbohydrates adds years to your life if you find yourself to be a diabetic. This book actually can help with meal planning for both the type 1 or type 2 diabetic. Sometimes it is just not practical to count carbs at fast food locations, beginning on page 557 is the fast food section. The calorie and carb content in this section is quite a

revelation. It is very practical stuff. The book covers it all: from breakfast bars to candy, cheese, and cornbread to every type of food you can come up with, these pages cover everything. This book actually saves lives because it gives you the facts. The diabetic no longer can do the death dance with the facts in hand. As a funeral director I often see diabetes as the secondary cause of death. The truth is there is still no cure for diabetes. This book is a welcome tool in blood sugar control. Every Diabetic needs to purchase this book.

FOR THOSE LOOKING FOR A BOOK LISTING CARB FACTS....LOOK NO FURTHER. THIS BOOK IS "EXACTLY" WHAT I WAS LOOKING FOR. IF YOU CAN'T FIND THE PARTICULAR FOOD IN THIS BOOK, CHANCES ARE IT DOESN'T EXIST. I WOULD HIGHLY RECOMMEND THIS BOOK FOR THOSE WHO ARE WATCHING THEIR BLOOD SUGAR. A MUST HAVE FOR ANY DIABETIC.

My son was diagnosed with Juvenile Diabetes in may, 2010, and we were given The CalorieKing Calorie, Fat & Carbohydrate Counter 2007 in the hospital. The only problem I had with that book was it doesn't list fiber, so when I bought the 2010 edition I picked up this book. Honestly, it's worthless. It lists foods by volume, like 1/2 cup, instead of ounces. The Calorie King lists some foods by 1/2 cup, ounce, and states raw and cooked. A 1/2 cup of sweet potatoes could be double or 1/2 the amount of carbs listed depending on how whipped up they are. Don't waste your money.

Had high hopes that I'd have an easy reference right in my Kindle except the lists are in fine print which cannot be enlarged like other Kindle books making it nearly impossible to read. Also the search feature on Kindle will not take you to foods in the lists. Would not recommend this book to Kindle users.

I have found this useful to me. I love the fact that it shows the cal and sugar content in addition to the usual info--most books that I found did not show both. very complete and it was a good buy--good condition

It is exactly what I wanted. The diet of counting sugar, carbs and calories works and this book will assist you in keeping a daily log so that you do not exceed your numbers. Since June 16, 2016, I lost a total of 23 pounds. The first twenty of these pounds were lost in 9 weeks.

I use it with my other books that I have now to help when the other book doesn't have my info

My cousin needed this book immediately because he had a serious health issue. WE ordered it on-line and it came immediately, in good condition and it was exactly what he needed. Thank you!

[Download to continue reading...](#)

Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) The Complete and Up-to-Date Carb Book: A Guide to Carb, Calorie, Fiber, and Sugar Content Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Why Hasn't He Proposed?: Go from the First Date to Setting the Date: Get from The First Date to Setting the Date Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) Foods High in Fiber Cookbook: List of High Fiber

Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Diabetic Cookbook (A Beginner's Guide):: Quick, Easy-to-Cook Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol Cookbook: To Help Prevent and Reverse Diabetic Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER

[Dmca](#)