

Get started on this easy-to-follow diet plan and  
watch those excess pounds melt away!

# Low-Carb Dieting FOR DUMMIES®

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***A Reference for the Rest of Us!***



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## Low-Carb Dieting For Dummies



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Reduce your pounds, your cholesterol, as well as your blood pressure  
Get the facts about carbs and obtain serious about enhancing your health  
Curious about going low-carb? carb diet successful.  
carb kitchen Prepare 75 tasty low-carbohydrate diets, dispelling the myths and revealing how to navigate the right path through the good and poor carbs to create a diet plan that works! You obtain delicious recipes and lots of ideas to make your low- This plain-carb recipes  
Eat best while eating out Create both meat and vegetarian dishes Incorporate exercise into your day  
Maintain a low-English guide explains the latest research behind reduced-Discover how to: Share a low-carb lifestyle



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Diabetic carb exchange info and generally healthy eating This is not the extreme low/no carb information- this is much more likely to become a longterm viable diet program. It really is simplistic and is practical. An excellent book for dieters and diabetics. This can help on those days that im still hungry and it helps avoid reaching for the junk and processed food items.N. I could still eat my snacks and enjoy healthy eating. I started in Nov 2013' and as of today have dropped 10. includes fruits and wholegrains)..guess why they call it for Dummies!..i gave up because nothing at all came off and Just figured it had been my age, menopause, etc. I've tried diet programs and stuck with them religiously, but without results... A sensible way to diet..e.5 lbs. i have not measured in ins, but have eliminated from a loose size 14 to a loose 10. Very good considering there were 2 holidays.. The 'Dummies' books are good generally. The best component, I love it that I no longer have to possess a bit of candy or a cookie any longer.. It functions!. I don't deprive myself but I adhere to the basics and I refer back again to the reserve when needed. Very helpful Bought this when we first Started keto and have lent it out to multiple people. great arrange for controlling blood sugar My doctor recommended this book for all those like me who are newly-diagnosed diabetics. No additional low carbohydrate plan discusses just how much fat is in meats or promote Margarine over butter. That is a lifestyle i could maintain. This low-carb diet, initially, gave me headaches. i love it I love this book. I really like the thought of having freebie foods to consume all day long like many fruits and vegetables. As an R. I also love the concentrate on quality carbohydrates and whole foods. The mystery is excatly why she recommends artificial margarine rather than butter when the artificial spreads have got all manner of chemical substances in them that you can't even pronounce. Sensible book Readable; and diabetic, I like this information and guidance towards general healthy eating (i. That is significantly less restrictive than various other lower carb diets Not so Low Carb I don't think that the writer understands whole foods and low carb. Author promotes low fat dairy and even more bread products than any other program I've read about. The majority of the assistance makes sense because she urges everyone to eat whole foods---as near nature as feasible. I think the author must do some research. Great reserve! Won't see Excess fat Bombs discussed here. Five Stars If you need a good common sense diet program, try this one Shows how to properly count carbs Great book for those that count carbs or need to. My granddaughter is certainly a type 1 diabetic which means this publication helps us out a whole lot with various food stuffs and the carbs in them. I would recommend this to anyone. AN EXCELLENT Diet to Consider! It's a good book to help you with a high-protein low-carb diet. I've seen friends lose weight on low carbs. Other than that, this is a very valuable tool to help me get control of my diabetes. Soon after, I discovered myself eating less, being more pleased, and having even more energy. The dietary plan worked for me! It works We went on this diet and in just a couple month the doctor took my hubby off or reduced the majority of the medicines he was taking.and it had been not hard to make it happen. Three Stars okbut like the other diet plans, I was not thinking about counting everything and amount I will put it back about. By restructuring you eating habits in a wholesome way! Three Stars OK but way too basic.. I bought this book and instantly liked the strategy and thought I can do this.. I have been trying to lose weight for a couple of years. This is normally a low fat plan. This seems to be similar to the carb exchange info that diabetic meal planners teach today, without encouraging ketosis (which is not an excellent idea for diabetics- it isn't exactly like ketoacidosis, but not an excellent plan to end up being using fumes to power the brain, which can only use carbs for optimum functioning). I have other carb allowances besides fruit and veggies, which means this helps me. provides some recipes that will help with one's sugars tooth! Great read and incredibly helpful A healthy diet!



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