

THE COMPLETE & UP-TO-DATE

CARB BOOK

A Guide to
Carb, Calorie, **FIBER**, and Sugar Content

Includes **MORE THAN 20,000** entries for

- National brands
- Fast foods
- Frozen entrees
- Prepared mixes
- Natural foods

A companion to the bestselling
The Complete & Up-to-Date Fat Book

KAREN J. BELLERSON

Karen J. Bellerson

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



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The Complete & Up-to-Date Carb Book may be the next generation in carb management, providing an instant, comprehensive way for savvy dieters to manage their diet and smartly manage their health. The strategies outlined here are easily compatible with The Zone, South Beach, and other balanced weight loss programs. In all, there are a lot more than 20,000 entries which range from A to Z. Bellerson includes information on calories, fiber and sugars grams, and total carb quantities for brand-name and generic foods, fast foods, processed and ready foods, as well as natural foods and snack foods. The introductory material explains the glycemic index and how to use it, and the significance of fibers and sugars in calculating carbohydrate values. By learning how exactly to calculate their net carb consumption, dieters will not fall prey to the popular fads in dieting today.



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Finally a book listing sugars and carbs rendering it easier for diabetics. Best book I've found for someone interested mainly in sugars and carbohydrate contents of foods. Good publication to have Five Stars good it contains an abundance of information but might not be in the very best format for finding it Much like most such books, it contains an abundance of information but might not be in the very best format for finding it. Wide array of foods outlined including eating dinner out. To make it an easier read for myself, I have located all foods I consume in the book and also have drawn a collection with a light coloured highlighter (like light blue) completely down the page highlighting the sugars and carbs columns. It's enjoy it took a picture of every page. The book is thick because author has listed so many foods (20k+) for your comfort. I am 61 and wear glasses for reading and have no problems with seeing the printing. It is smaller print so keep this at heart if you wear eyeglasses or you are elderly. Good description of "net carbs" and "sugar alcohols" plus 1 1/2 guidelines on how to use the book. Ok Ok They should at least clean it first! Foods are alphabetically organized in a general category with sub-categories; an easy task to follow. This is a thick book and not ideal for purses; Hope this helps!. I am usually not this difficult, but this reserve arrived appearance terribly gross. however, it is a great kitchen counter or shelf companion. Great reference book to have around if you're interested in understanding what you're eating! Get yourself a current edition do not buy used.The Kindle Edition must be reworked to make it searchable by item, and also the one should have the ability to control the fonts. Once this is done, people that have already paid for this publication, should get an updated copy at no extra cost.She introduces subtracting glucose alcohol, but they're not really listed in her food counts. GREAT BOOK FOR THOSE SEARCHING FOR A BOOK LISTING CARB FACTS. Horrible on Kindle For anyone over 40, the Kindle version of the book is worthless... The issue I acquired did not seem extremely current or updated. THIS BOOK Is certainly "EXACTLY" WHAT I WANTED. IF YOU CAN'T FIND THE PARTICULAR FOOD IN THIS Reserve, CHANCES ARE IT DOESN'T EXIST. Eww Great reference book! AN ABSOLUTE MUST HAVE FOR ANY DIABETIC. Love the book Good book just desire it had the protein listed aswell. Perfect for diabetics who focus more on glucose and carbs. very helpful book if you like to learn about carbs this is the one book which will definitely help you particularly if you take it to the store with you. Counting Sugars, Carbs and Calorie consumption Diet Really Works!! It is exactly what I wanted. The diet of counting sugars, carbs and calories works and this book will help you in keeping a daily log so that you do not exceed your quantities. Since June 16, 2016, I lost a complete of 23 pounds. The first twenty of the pounds were lost in 9 weeks. Also, includes "table of equivalent steps" and "abbreviations and symbols". IT ISN'T searchable, and I couldn't enlarge the fonts. It appears like it had been in a third graders lunch time box. Crusty spots on the cover, "drinking water" marks on the sides. I'D HIGHLY RECOMMEND THIS BOOK FOR INDIVIDUALS WHO ARE WATCHING THEIR BLOOD SUGAR. And photos can be zoomed by pressing in the center of the image and striking the zoom icon. I have to use the alphabetical table of contents and search web page by page.SEARCH NO FURTHER. Most of the brands described I had under no circumstances heard of. One Star print is indeed small you can't read it. For this reason, the book is worthless



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