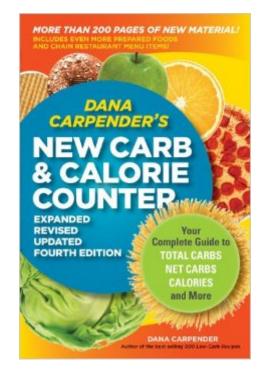
The book was found

# Dana Carpender's NEW Carb And Calorie Counter-Expanded, Revised, And Updated 4th Edition: Your Complete Guide To Total Carbs, Net Carbs, Calories, And More





## Synopsis

Dana Carpenderâ <sup>™</sup>s NEW Carb Counter is a completely revised and updated version of the bestselling Carb Gram Counter. It includes more than 100 pages of new content, including new and popular brand name products, fast food chains, and restaurants. Each entry contains the serving size amount, calories, total carbs, fiber, net carbs, protein, and fat in the foodâ "making it the perfect reference tool for dieters of all kinds. Better still, any foods with less than five grams of net carbs are featured in bold, so low-carb dieters can easily see those foods that are best for them and their health. Also included are helpful low-carb eating tips, as well as great lists of low-carb snack, treat, and meal ideas, all from best-selling author and low-carb guru Dana Carpender. With Dana Carpenderâ <sup>™</sup>s NEW Carb Counter in your pocket or purse, everything you need to stay on track and at your healthiest is at your fingertips.

### **Book Information**

Paperback: 352 pages Publisher: Fair Winds Press; 4 Exp Rev edition (December 1, 2009) Language: English ISBN-10: 1592334296 ISBN-13: 978-1592334292 Product Dimensions: 4 x 0.9 x 6 inches Shipping Weight: 7.2 ounces (View shipping rates and policies) Average Customer Review: 3.8 out of 5 stars Â See all reviews (164 customer reviews) Best Sellers Rank: #32,107 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #46 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #73 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## **Customer Reviews**

She is the reigning queen of low-carb cuisine and for good reason-Dana Carpender knows her stuff when it comes to easily making a carbohydrate-restricted eating plan a part of a normal, everyday way of life. While the media and health pundits choose to denigrate low-carbohydrate nutrition for whatever their reasons, people like Dana just keep living by example and sharing with the world the knowledge and experience she has attained as a decade-plus low-carb veteran. And more than anything else, she recognizes that people need help keeping track of their carbohydrate and calorie intake which is why she's released Dana Carpender's NEW Carb and Calorie Counter-Expanded,

Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More.When a book has been through four updates and revisions, you know it's a useful tool for people and this book is no exception. In typical Dana Carpender style, whose line of low-carb cookbooks are heralded by any serious low-carb dieter, she starts off by telling you the basics of livin' la vida low-carb and how to make the most of her 350-page mass paperback book. Useful tips, health checklists, common health problems improved by low-carb nutrition, ways to enhance your low-carb lifestyle, and gentle encouragement dominate the first 30 pages.It's a great refresher course for those of us who have been eating this way for a long time or an outstanding introduction to a whole new way to think about healthy eating for those who are new to carbohydrate-restriction. I especially liked her section "10 Great Snacks for 5 grams of Net Carbs Or Less!" to help all you road trippers know exactly what to bring with you to stick with your low-carb plan.

#### Download to continue reading...

Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More 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 Insulin Resistance Solution: Reverse Pre-Diabetes, Repair Your Metabolism, Shed Belly Fat, and Prevent Diabetes with more than 75 recipes by Dana Carpender Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrade, 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) ASP.NET: Programming success in a day: Beginners guide to fast, easy and efficient learning of ASP.NET programming (ASP.NET, ASP.NET Programming, ASP.NET ... ADA, Web Programming, Programming) Counting Calories: How to Count Calories and Lose Weight Fast (Low Carb Food List: What to Eat While on a Low Carb Diet) 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,) The Low-Carb Diabetes Solution Cookbook: Prevent and Heal Type 2 Diabetes with 200 Ultra Low-Carb Recipes - All Recipes 5 Total Carbs or Fewer! Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes 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) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Belly Fat Cure Sugar & Carb Counter: Revised & Updated Edition, with 100's of New Items Added! FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER The Complete and Up-to-Date Carb Book: A Guide to Carb, Calorie, Fiber, and Sugar Content Dr. Atkins' NEW Carbohydrate Gram Counter (Totally Updated and Expanded) Good Calories, Bad Calories

#### <u>Dmca</u>