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# Carb Counter



# Gem Carb Counter

**Annette B. Natow, Jo-Ann Heslin**



## **Gem Carb Counter:**

**Carb Counter** Harper Collins (UK),2004-01-05 The ideal companion to the hugely successful Gem Calorie Counter this is a handy portable guide to carbohydrates in everyday foods Perfect for those following the Fast Diet 5 2 Diet Dukan Diet Atkins Diet or other weight loss diets Clearly laid out tables give details of net carbohydrates per portion slice biscuit apple making it quick and simple to use Reducing carbohydrates and following a high protein diet has become a popular and effective way of losing weight and keeping those extra pounds off The interest in the Dr Atkins New Diet Revolution is clear proof of this The key to following a high protein diet is to control your carbohydrate intake Collins Gem Carb Counter is a guide to the net carb contents of everyday foods It also gives calories protein and fat Information is given per portion to make it easy to use High protein carb counting diets are often referred to as a man s diet and this emphasis on portions rather than 100 g means that there is less working out involved Boredom is often the downfall of the carb counter so a section is included which gives suggestions for different meals breakfast lunch dinner and snacks *Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (Collins Gem)* Collins,2010-06-03 The ideal companion to the hugely successful Gem Calorie Counter this is a handy portable guide to carbohydrates in everyday foods Perfect for those following the Fast Diet 5 2 Diet Dukan Diet Atkins Diet or other weight loss diets The Ultimate Carbohydrate Counter Annette B. Natow,Jo-Ann Heslin,2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide Contains more than 15 000 listings of brand name foods generic foods and restaurant selections with information on carb and sugar content and portion size Reissue **The Carbohydrate, Fiber, and Sugar Counter** Annette B. Natow,Jo-Ann Heslin,1999 The role of carbohydrates fiber and sugar in a healthy diet is fully explained in this handy guide to 15 000 brand name and generic foods Readers learn why they should double their fiber intake and how to lose weight and reduce their risk of cancer Includes portion size and calorie counts **The Diabetes Carbohydrate and Calorie Counter** Annette B. Natow,Jo-Ann Heslin,2003-01-28 In its first update since 1991 this first nutrition counter for people with diabetes by two nutrition experts is updated with more than 10 000 food entries Packed with advice early warning signs and menu plans this guide shows readers that they can control their disease and still eat healthy and flavorful food Reissue *Practical Diabetes Care* David Levy,2004-01-11 This new and completely revised third edition is a concise systematic and highly practical guide to the care of patients with Type 1 and Type 2 diabetes Clinically and problem based it covers emergency inpatient and ambulatory diabetes care in the hospital and community focusing particularly on difficult grey and contentious areas of management and seeks to guide advanced practitioners through problems that are not always emphasised Up to date clinical trial results have been incorporated as well as concise discussions of lifestyle approaches to diabetes management and it includes a new chapter on psychological problems in diabetes It is now fully referenced with PubMed PMID numbers and all HbA1c measurements are quoted in DCCT and IFCC units It will be valuable for foundation year and specialist trainees in general

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cholesterol fiber fat and sodium for thousands of brand name and generic foods Also contains a discussion of each nutrient and its role in the diet **The Supermarket Nutrition Counter** Annette B. Natow,Jo-Ann Heslin,1997 Offering readers essential up to date information on name brand and generic foods This handy reference takes the uncertainty out of choosing the best buys while giving all the facts readers need to ensure their families eat balanced meals and healthful snacks

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