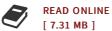




The Carbohydrate Addict s Gram Counter

By Richard F. Heller, Rachael F. Heller

Penguin Books Ltd, United Kingdom, 1993. Paperback. Book Condition: New. Reprint. 145 x 94 mm. Language: English . Brand New Book. If you love to eat starches, snack foods or sweets, and have trouble stopping once you start, you may be a carbohydrate addict. Standard diets don t work for you simply because it s not a matter of willpower, it s a matter of biology. Offering much more than a standard gram counter, this handy reference provides the special information carbohydrate addicts need on: Calorie, fat and carbohydrate counts of 2,700 foods Health and diet foods and over-the-counter medications that can trigger carbohydrate cravings and weight gain Menu items from 14 national fast food chains Dining out - ethnic style - for all your favorite foods Hundreds of vegetarian, non-meat and non-dairy alternatives Low-fat, healthy-heart food choices.



Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually writter in basic phrases rather than confusing. You will like how the writer publish this book.

-- Melody Jakubowski

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion. -- Dr. Sarai Fisher DDS