



## 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.



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### Reviews

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

-- **Melody Jakubowski**

*Very useful to all categories of men and women. I actually have studied and I am also certain that I am going to go back to read through again once more down the road. It has been written in an exceptionally simple way and is particularly only soon after I finished reading this publication by which it basically altered me, modify the way in my opinion.*

-- **Dr. Sarai Fisher DDS**