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DANA CARPENDER S NEW CARB AND CALORIE COUNTER: YOUR COMPLETE GUIDE TO TOTAL CARBS, NET CARBS, CALORIES, AND MORE (PAPERBACK)



FAIR WINDS PRESS, United States, 2009. Paperback Condition: New. 4th edition. Language: English. Brand New Book. Dana Carpender 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 food--making it the perfect reference...

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- Authored by Dana Carpender
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