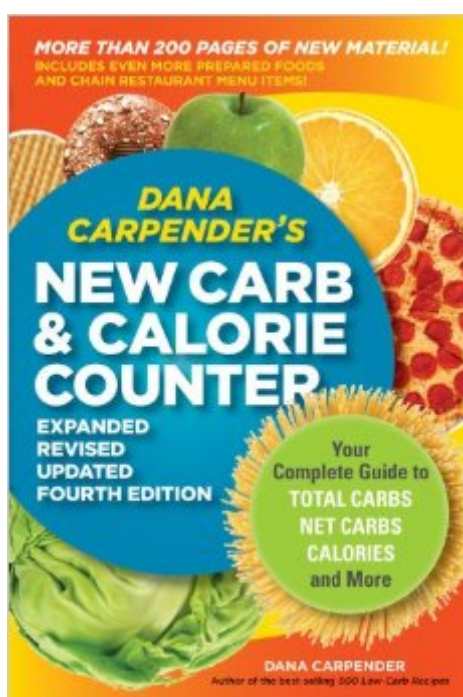


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# Dana Carpender's NEW Carb And Calorie Counter-Expanded, Revised, And Updated 4th Edition: Your Complete Guide To Total Carbs, Net Carbs, Calories, And More



## Synopsis

Dana 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 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 Carpender'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

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## 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.

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