



## Net Carb Counter

By Sheila Buff

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Net Carb Counter, Sheila Buff, The most difficult part of low-carb dieting is all of the calculations a dieter needs to do, just to determine the net carb value in a given food. "The Net Carb Counter" does all of the hard work for you. This is an accessible guide to net carbs for over 2500 common foods. For the millions of people on low-carb diets, from Atkins to South Beach to Sugar Busters, it's important to be able to determine the amount of net carbs in each food, in order to carefully plan meals. This handy guide offers the net carb counts for major brand name foods, as well as particular ingredients. Each listing is divided up by portion size, carbs, net carbs, calories, protein and fat. The accessible writing includes charts that make living a low-carb lifestyle easier than ever before. Put an end to the tedious carb mathematics, and concentrate on the most important task at hand: becoming a thinner you.



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