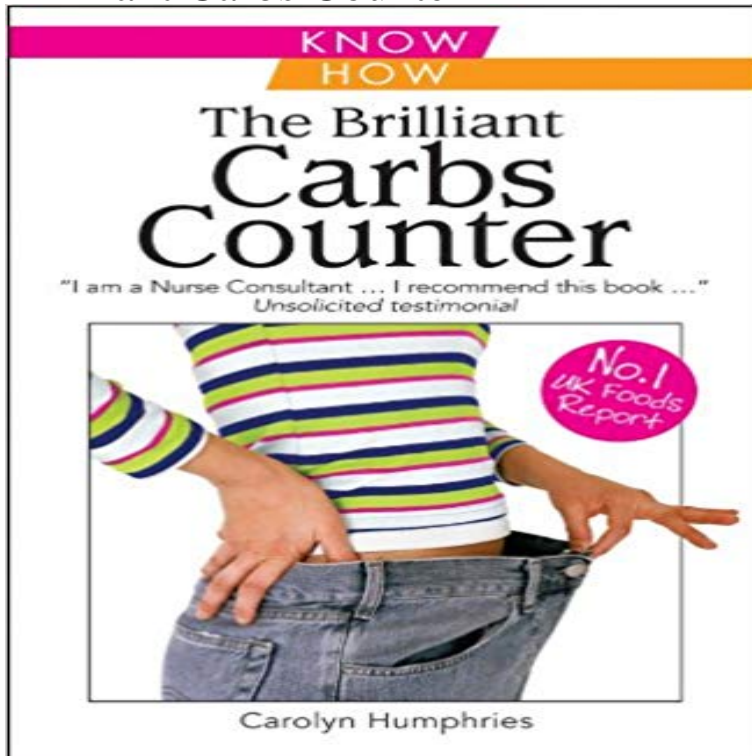


Brilliant Carbs Counter



No other book does this for you! this book is a tour de force in nutritional research. Here are 3,400 UK foods, measured by portion size, carbs content, fat, protein and fibre. A huge amount of information for you to use. No matter how you want to use this information, it will support you all the way. Weight loss planning or diabetic diet management are equally well served. If you are new to Carbs Counting, this is definitely the book for you. Even the two-week induction period for the Atkins diet system has been addressed. You will see the recommended foods for this period identified by shading in the tables. If you want to control your carbs, then this book is simply Brilliant.

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