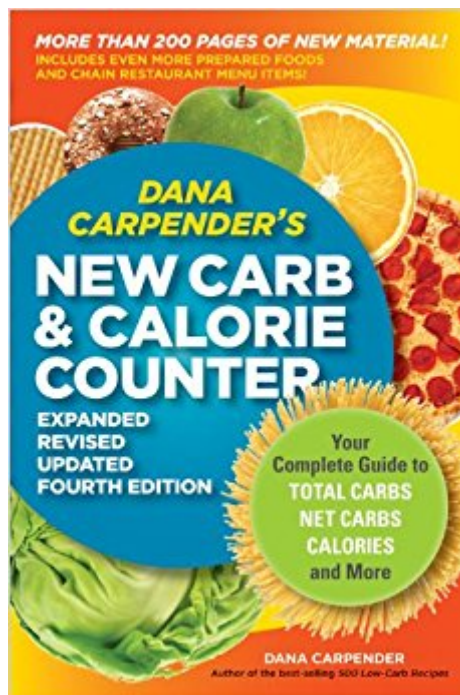




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Dana Carpender's NEW Carb And Calorie Counter-Expanded, Revised, And Updated 4th Edition: Your Complete Guide To Total Carbs, Net Carbs, Calories, And More



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

Dana Carpender is a pioneer of the low-carb movement and a bestselling author of over 14 cookbooks, including 1001 Low-Carb Recipes, 500 Paleo Recipes, 15-Minute Low-Carb Recipes, The Low-Carb Diabetes Solution Cookbook, 200 Low-Carb, High-Fat Recipes, The Low-Carb Diabetes Solution, the Insulin Resistance Solution, 500 Ketogenic Recipes and many more. To date her books have sold over a million copies worldwide. She writes about low-carb cooking and nutrition on her Facebook page, Dana Carpender's Hold the Toast Press. She lives in Bloomington, Indiana with her husband and a menagerie of

pets, all of whom are well and healthily fed.

Love this book! A wealth of information. Very easy to understand and a great little helper to put in your bag. I purchased The Calorie King, Calorie Fat & Carbohydrate counter, his book is okay, if you eat a lot of fast foods out. I don't! Now, Dana Carpender's New Carb & Calorie Counter is the BEST! I enjoy it so much it has become one of my food bible's.

Strengths of this book are that it is organized alphabetically, which can make finding some things easier without sorting through an entire section. Lots of fast food entries, though might consider altering these regionally or special insert sections to cover more ground in each region as chains do vary quite a bit geographically. It is good to include the fiber grams for healthy eating purposes but ADA does not currently recommend subtracting fiber from carbs and might lead some diabetics astray in sticking to a total carb count daily vs net carb count. Some fiber grams or other products like sugar alcohols are ultimately digestible and can affect blood sugar to a degree, which is largely why ADA's recommendation is to count all carb grams. Overall, a good book for those seeking a healthier lifestyle or for new diabetics who need to watch their carb intake..

I would have liked this to be a little more user friendly. Most of the book seems to be what you can eat low carb at fast food restaurants. I would have liked more of a product centered book with brand name foods.

When my doctor ordered me onto a low carbohydrate diet I knew I would need a handy reference for the carbohydrate counts of ingredients to use while preparing meals. Thus I ordered Dana Carpender's NEW Carb and Calorie Counter. This little book is infuriating to use for my purposes. She has reams of material about brand-named highly processed "tv dinner" type meals -- many of which are not available in my small town -- and only a cursory list of whole ingredients one might use in cooking -- organized by categories which appear in no discernible pattern, certainly not alphabetized. Although the copious sections on chain restaurant offerings might be useful for interstate travelers, this section is organized by restaurant rather than menu item with no cross-referencing making it difficult to use it for decisions between Interstate exit chain restaurants. I have passed this book on and would never recommend it to anyone who plans to eat food they prepare themselves.

Print too small.

good counter. has a lot of fast food restaurants listed and the carb counts of items on menus.

Good wish it had more restaurants in it, but it works well.

The reason for the low stars is that the charts are illegible on my iPhone. Of absolutely no use to me when out counting calories and carbs.

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