



Carb Counter



Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (Collins Gem)

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The ideal companion to the hugely successful Gem Calorie Counter, this is a handy portable guide to carbohydrates in everyday foods.

Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets.

Clearly laid out tables give details of net carbohydrates per portion (slice, biscuit, apple) making it quick and simple to use.

Reducing carbohydrates and following a high protein diet has become a popular and effective way of losing weight and keeping those extra pounds off. The interest in the Dr Atkins New Diet Revolution is clear proof of this.

The key to following a high-protein diet is to control your carbohydrate intake. Collins Gem Carb Counter is a guide to the net carb contents of everyday foods. It also gives calories, protein and fat.

Information is given per portion to make it easy to use. High protein, carb-counting diets are often referred to as a man's diet and this emphasis on portions rather than 100 g means that there is less working out involved.

Boredom is often the downfall of the carb counter, so a section is included which gives suggestions for different meals: breakfast, lunch, dinner and snacks.

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Details

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