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## CARB COUNTER: A CLEAR GUIDE TO CARBOHYDRATES IN EVERYDAY FOODS (NEW EDITION)



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (New edition), Collins, 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....

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- Authored by Collins
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