## **Carb Counter**

Hope S. Warshaw, Karmeen Kulkarni

The Complete Calorie Fat & Carb Counter Alex Lluch, 2008-12 Understanding the nutritional value of foods is the best and fastest way to lose weight, improve eating habits, and have increased energy. This convenient book will help readers lose weight because it provides nutritional information for thousands of food items in addition to all the tools necessary to create a personalized weight-loss plan.

Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition Dana Carpender, 2009-12-01 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.

Living the Low Carb Life Pocket Carb Counter Jonny Bowden, 2004-12-30 From the author of the bestselling Living the Low Carb Life (more than 100,000 copies sold) comes an indispensable reference to help dieters maintain their controlled-carbohydrate lifestyle-both in the kitchen and on the go. To stay on a low-carb regimen, dieters-and others just tying to eat healthily-need facts: what's a good side dish to have with that fish? Is it okay to order that delicious-sounding special at the restaurant? Certified nutrition specialist and bestselling author Jonny Bowden provides the information, in a handy, portable pocket guide to making smart carb-conscious food choices. It contains the net carb, calorie, protein, fat, and fiber counts for more than 2,000 foods, as well as nutritional data for the new low-carb products on the market. Plus, there's valuable information on sugar alcohols, essential Omega fats, the glycemic index and blood sugar levels, and Bowden's own expert individual food recommendations. Jonny Bowden, M.A., C.N.S., is a certified nutrition specialist, a former personal trainer, and the resident nutrition and weight loss expert on ivillage.com. Author of Living the Low-Carb Life, Bowden also makes frequent appearances on television and radio shows, runs a busy nutrition consulting practice in Los Angeles, and can be reached via his website, JonnyBowden.com.

The Complete and Up-to-Date Carb Book Karen J. Bellerson,2006-08-17 The Complete & Up-to-Date Carb Book is the next generation in carb management, providing a quick, comprehensive way for savvy dieters to take control of their food intake and smartly manage their health. By learning how to calculate their net carb intake, dieters will not fall prey to the popular fads in dieting today. Bellerson includes information on calories, fiber and sugar grams, and total carb numbers for brand-name and generic foods, fast foods, processed and prepared foods, as well as natural foods and snacks. In all, there are more than 20,000 entries ranging from A to Z. The introductory material explains the glycemic index and how to use it, and the importance of fiber and sugars in calculating carbohydrate values. The strategies outlined here are easily compatible with The Zone, South Beach, and other balanced diet plans.

**The Ultimate Carbohydrate Counter** Annette B. Natow, Jo-Ann Heslin, 2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide. Contains more than 15,000 listings of brand-name foods, generic foods, and restaurant selections with information on carb and sugar content, and portion size. Reissue.

<u>Net Carb Counter</u> Sheila Buff,2005-06-28 Whether you're on Atkins, South Beach, Weight Watchers, Sugar Busters!, the Zone, or ANY of today's most popular weight-loss programs, the Net Carb Counter takes the guesswork out of shopping and meal planning by placing the essential net carb

content information you need right at your fingertips!

Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition Dana Carpender, 2009-12-01 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.

The Essential Net Carb Counter Maggie Greenwood-Robinson,2004-12-28 THE NUMBER OF NET CARBOHYDRATES YOU EAT IS THE ONLY NUMBER THAT COUNTS! Anyone who follows a low-carb regime knows how confusing counting net carbs can be. Dieters are supposed to take the number of carbohydrates listed on nutritional labels and subtract the product's fiber and sugar content in order to get a net carbohydrate value. But who has the time and patience? Now, for the first time, dieters have access to a book that does all of the work for them. In this one-of-a-kind nutrition counter, nutrition expert Maggie Greenwood-Robinson, Ph.D., has compiled helpful information on net carbohydrates as well as an extensive net carb counter section covering all of the major food groups and brand names. So stop doing math at the supermarket. This is the only reference you need to take control of the carbs in your life!

The Ultimate Carbohydrate Counter, Third Edition Karen J Nolan, Jo-Ann Heslin, 2009-12-29 Diets & dieting.

<u>Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (Collins Gem)</u> HarperCollins,2013-06-13 The ideal companion to the hugely successful Gem Calorie Counter, this is a handy portable guide to carbohydrates in everyday foods now improved and optimised for e-readers and tablet devices, with fully searchable text and tables. Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets.

### Carbs & Cals Carb & Calorie Counter Chris Cheyette, Yello Balolia, 2016-04

Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (Collins Gem) Collins, 2010-06-03 The ideal companion to the hugely successful Gem Calorie Counter, this is a handy portable guide to carbohydates in everyday foods. Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets.

The Sugar and Carb Counter Penguin Books Staff,2011 Understanding the role that carbohydrates and sugars play in our diet is an essential step to achieving a healthy weight. This easy-to-use guide provides the sugar and carbohydrate content of thousands of everyday food items available all around New Zealand. Items are categorised alphabetically under the following headings: Baking; Bread; Breakfast Cereal, Porridge & Muesli; Cake & Muffin Mixes; Cakes & Slices; Chocolate Products; Confectionery; Crackers & Biscuits; Dairy & Soy Products; Desserts; Dressings; Drinks; Eggs; Ethnic Meals; Fast Food; Fish & Shellfish; From the Deli; From the Freezer; From the Fridge; Fruit (Fresh & Dried); Gravy & Packet Sauces; Meat; Nuts & Seeds; Pasta & Rice; Potato Chips; Poultry; Sauces & Condiments; Semi-prepared Meats; Snack Bars & Slices; Soups; Spreads; Stock; Tinned Fish; Tinned Food; Tinned Fruit; Tinned Vegetables; Tofu; Vegetables & Legumes.

Dr. Atkins' New Carbohydrate Gram Counter Robert C. Atkins,1996 Lists carbohydrate content for hundreds of foods.

<u>Diabetes & Carb Counting For Dummies</u> Sherri Shafer,2017-04-03 Count your carbs — and count on managing your diabetes Living with diabetes

doesn't have to mean giving up all of your favorite foods. Carbs from healthy foods boost nutrition and supply essential fuel for your brain and body. Counting carbs is integral to managing diabetes because your carb choices, portion sizes, and meal timing directly impact blood glucose levels. Diabetes & Carb Counting For Dummies provides essential information on how to strike a balance between carb intake, exercise, and diabetes medications while making healthy food choices. — Covering the latest information on why carb counting is important for Type 1 diabetes, Type 2 diabetes, and gestational diabetes, this book provides the tools you need to best manage your diet and your diabetes. Nearly one in 11 people in the United States have diabetes and one out of every 3 adults have prediabetes (blood glucose levels above normal ranges). Diabetes rates are skyrocketing worldwide. If you or a loved one has been diagnosed — or is teetering on the edge of diagnosis — you'll find all the safe, trusted guidance you need to better manage your health through improving your nutrition and managing your carb intake. Discover how what you eat affects diabetes Explore the importance of carbs in nutrition and health Get the facts when it comes to fiber, fats, sweeteners, and alcohol. Decipher food labels and discover how to count carbs in bulk, fresh, and restaurant foods Manage your diabetes and reduce other diet-related health risks Improve blood glucose levels Sample meal plans in controlled carb count ranges Food composition lists for counting carbs and identifying best bet proteins and fats If you're one of the millions of people with diabetes or prediabetes in search of an accessible resource to help you portion and count carbs to better manage this disease, this is the go-to guide you'll turn to again and again because when it comes to diabetes — carbohydrates count.

**The Ultimate Guide to Accurate Carb Counting** Gary Scheiner,2006-12-11 Offers a resource for carb counter, with information on what you need to keep track of your carb intake. This work focuses specifically on carb counting in a real-world context. It covers the basic rationale for and theory behind carb-counting, basic and advanced carb-counting techniques, how to adjust for fiber and sugar substitutes, and more.

**Complete Guide to Carb Counting** Hope S. Warshaw, Karmeen Kulkarni, 2011-05-09 The completely revised Complete Guide to Carb Counting, 3rd edition, by the American Diabetes Association, provides you with the knowledge and the tools to put carbohydrate counting into practice. Rewritten and reorganized to introduce and explain carb counting concepts as you'll need them in your diabetes care plan, you'll learn why carb counting helps you manage your blood sugar, the amount of carb to eat, how to count the carbohydrates in meals, and how to count carbs using food labels, restaurant menus, and your eyes, too. This is THE meal planning system every carb-counting person with diabetes needs to manage their blood glucose.

The Pocket Carbohydrate Counter Guide for Diabetes Shelby Kinnaird, 2018-06-26 The Pocket Carbohydrate Counter Guide for Diabetes offers the simplest, most accurate strategies for counting carbs and lowering your blood sugar. When you have a strategy for counting carbohydrates, you don't need to consult lists of nutritional information every time you sit down to eat. The Pocket Carbohydrate Counter Guide for Diabetes makes it easy to manage diabetes in your daily life with simple nutritional strategies to accurately count carbs and maintain normal blood sugar levels. Written for recently-diagnosed and long-time diabetes patients alike, this handy pocket reference is a simple solution to eliminate guesswork and confidently judge the carbs in every meal. From setting targets and finding your personal sweet spot, to actionable strategies like meal planning, this carbohydrate counter book makes counting carbs as easy as 1,2,3. Never overestimate or underestimate carbs again. This carbohydrate counter book keeps your blood sugar levels in check with: Effective tools for counting carbs with clear, step-by-step instructions and illustrations for accurately measuring carbs, plus alternative methods such as meal planning and balancing your plate Lifestyle advice that includes recommendations for smart snacking, and offers tips on what to order while eating out An introduction on the connection between carbs and diabetes that provides an in-depth look at what happens in your body when you eat carbs, and an overview of foods that contain (and hide) carbs Stop guessing—learn simple strategies for counting carbohydrates and lower your blood sugar with this carbohydrate counter book.

**Keto Counter** Ann Scritsmier,2019-03-12 Are you looking for a simple keto carb counter book without all the fluff? Something easy to carry around with you? Do you want to see the total carb counts as well as net carbs and fiber? Do you want a book that is indexed so you can find what you're looking for on Kindle? Are you more interested in the nutrition facts of common and homegrown foods versus items at fast food restaurants? Keto Counter is a concise guidebook of common foods and their nutrition facts. Net carbs are highlighted and placed in the forefront to assist those following a Ketogenic diet based on healthy fats, moderate protein, and low carbohydrates. Total carbs, net carbs, fiber, sugar, fat, protein, sodium and calories are all accounted for. Beneficial to those following the Atkins diet, South Beach diet or any other low carb diet plan. Included are a smidgen of Keto friendly recipes to try. Order yours today!

<u>Dana Carpender's Carb Gram Counter</u> Dana Carpender,2005-01 The most useful carb counter available Not only does Dana Carpender give you calorie, carb, fat and protein counts for thousands of foods, she also offers streamlined instructions for a low-carb diet and frequently-used recipes. In addition, she has highlighted the usable carbs, so that you can find the most vital information at a glance. And to help you to have a more varied diet, foods with less than five grams of usable carbs per serving have also been highlighted. Easy to carry in your pocket, purse or briefcase, Dana Carpender's Carb Gram Counter comes in a handy format, which makes it a take-away must-have for low-carb dieters

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