



The Carbohydrate Addict's Gram Counter

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Penguin Books Ltd, United Kingdom, 1993. Paperback. Book Condition: New. Reprint. 145 x 94 mm. Language: English . Brand New Book. If you love to eat starches, snack foods or sweets, and have trouble stopping once you start, you may be a carbohydrate addict. Standard diets don't work for you simply because it's not a matter of willpower, it's a matter of biology. Offering much more than a standard gram counter, this handy reference provides the special information carbohydrate addicts need on: Calorie, fat and carbohydrate counts of 2,700 foods Health and diet foods and over-the-counter medications that can trigger carbohydrate cravings and weight gain Menu items from 14 national fast food chains Dining out - ethnic style - for all your favorite foods Hundreds of vegetarian, non-meat and non-dairy alternatives Low-fat, healthy-heart food choices.



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