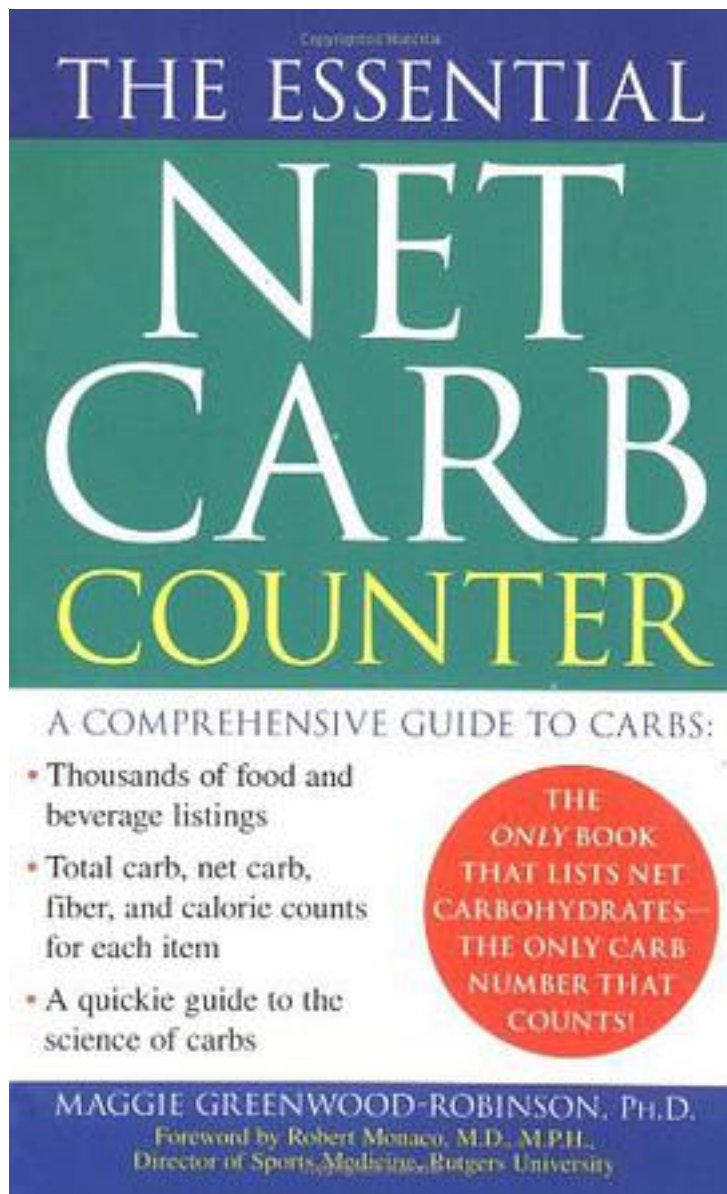


# The Essential Net Carb Counter



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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

作者介绍:

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