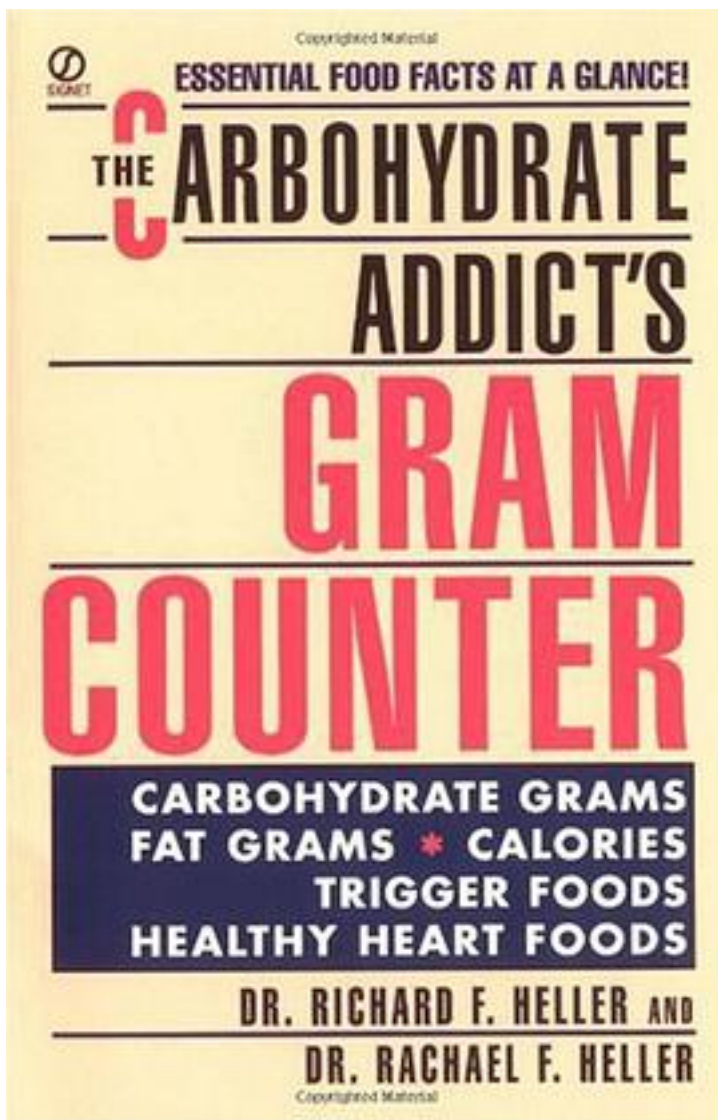


The Carbohydrate Addict's Gram Counter



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The authors of The Carbohydrate Addict's Diet provide information on calorie, fat, and carbohydrate counts of 2,700 brand name and generic foods; vegetarian and non-dairy alternatives; and healthy heart food choices.

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