

The book was found

Carb Charts - Low Carb Reference

CARB CHARTS

Low Carb Reference Series



Carb counts for
veggies, meats, even
cocktails and liqueurs!

LISA SHEA



Synopsis

** Revised for 2015! More values and information! **When you're out and about, and you lose internet access, do you wish you could still know the carb value in the food you're thinking about ordering? This 98 page carb chart book keeps you on a healthy path. It's important to eat foods that are low in sugar and starch. We all know that. But how do we know which foods are better than others? This handy carb chart provides the solution, no matter what style of diet you are on. No more guessing at what a food will 'cost you' while out at a supermarket or at a restaurant. This useful book provides all the details you need to create a more healthy you! From fruits and vegetables to nuts and berries, many items in a store don't provide you the data you need. With this book you will have the data you need at your fingertips. There is also complete coverage of popular low carb beers, liqueurs, whiskeys, and more. In addition to the base information, all of my low carb books provide appendices which explain how to successfully manage a low carb diet. Let me know if you have any questions or suggestions! I frequently update all my low carb books based on your recommendations.

Book Information

File Size: 777 KB

Print Length: 94 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 29, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B0064J8XFA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #50,096 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Reference #54 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine #54 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb

Customer Reviews

I quickly read through the charts and didn't learn very much but diet is not a new subject to me. I am a follower of Joe Mercola and several other diet gurus and have been for years, so I have some inkling of what the carb content of food is. That said, it didn't cost a fortune, it is a decent quick reference of commonly eaten food and its carb content, so not a waste of time nor money.

It tells you in food tables what each food contains, how many carbs each contains. In a simple fashion, just look the food type, and it is there, and it gives you the amount of food that it is talking about. Simple, fast, convenient. Just what I was looking for. My Dietician however says that she is wrong about subtracting the dietary fiber and alcholic sugars however, she says you have to halve the amount before you subtract it.

I enjoyed this book. it was easy to read and gave me a lot of information to start my new way of eating.. my doctor suggested that I started a low carb or no carb way of eating. I don,t like to use the word diet. Looking forward to loosening weight and living longer. thanks for this great tool that I can use

This was exactly what I was looking for! It gave me concise ratings on most foods and was an excellent guide to help me decide which foods I can eat and when. As an insulin dependent diabetic it was extremely helpful.

A great, short, easy to read book on carbs/no carbs. Was recently diagnosed Type 2 Diabetes, so I bought about 10 books on the subject and how to beat it --- hands down, Carb Charts was the best and I always have it on hand for quick reference. Does not get bogged down on mindless details, but rather tells you what you really need to know. Covers the full food chain and easy to grasp what is or is not important. A definite MUST HAVE!

I'm going to take this reference when I meet with my Diabetes Educator to help with the planning of my carbohydrate intake. There are more comprehensive references available, but the books tend to be clunky. This gives a very helpful explanation as to how to interpret nutritional labels on all foods you might find in a supermarket. I will add in a reference for the carb counts for dining out, as it can be challenging to even estimate what the counts are for those kinds of meals.

I gave this title 4 stars. It was informative for beginners counting carbs and had a great section

describing alcohol values.

This little book was far more useful to me than many other much more expensive ones! Very well researched. And very well written too. Excellent and I would highly recommend it to anyone who counts carbs for whatever reason.

[Download to continue reading...](#)

Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb

Cookbook, Eat Fat, Ketogenic Diet) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet)

[Dmca](#)