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# 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

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## Customer Reviews

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.

Good basic info, but there's a lot of discussion in between the food listings that I could have lived without. Written well enough, but all I really wanted was the charts, not the chatter.

This book is NOT a good carb reference at all !It does not break down Carbs or give you net carbs. If you count Carb SKIP this book it is of NO help

I chose 5 stars because this is exactly what I needed to get started on low-carb diet. It has all the carb values (gm) forevery food and drink you can imagine in a great format.This is a must-have if you're going on a low-carb lifestyle.

Terrific book to reference numbers of carbs in what you plan to eat. Fits in my purse for shopping, etc.

This book has no table of contents or index, so you have to scroll through the whole Kindle book to look up a food. A waste of money.

Helps me keep track of what I should and should not be eating. Often gives me ideas that turn into meals (healthy ones).

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