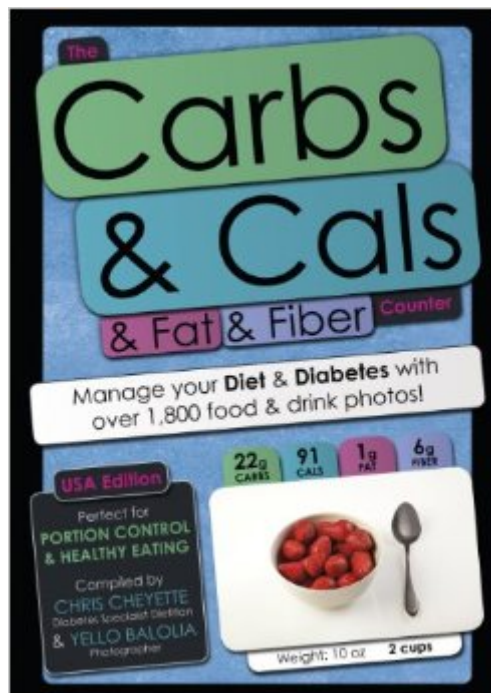


The book was found

The Carbs & Cals & Fat & Fiber Counter (USA Edition): Manage Your Diet & Diabetes With Over 1,800 Food & Drink Photos!



Synopsis

MANAGE YOUR DIET AND DIABETES THE CARBS & CALS WAY, WITH OVER 1,800 FOOD & DRINK PHOTOS! The Carbs & Cals & Fat & Fiber Counter is the FIRST diet and diabetes book to show hundreds of photos of popular USA food and drink items in up to 6 portion sizes, with the carb, calorie, fat, and fiber values clearly displayed in color-coded tabs above each photo. Simply compare the food on your plate with the photos in the book. With this unique book, carb and calorie counting has never been easier! This revolutionary, easy-to-use guide to diet, weight loss, portion control, and diabetes management will help you to: See at a glance the carbs, calories, fat, and fiber you are consuming. Take out the guesswork and time spent weighing food. Reduce your calories and fat intake by selecting a smaller portion or swapping a high-calorie food item for a healthier alternative. The book contains: An 11-page introduction with information about diet and diabetes. 310 pages of full-color photos arranged in 19 food and drink categories. Up to 6 portion photos for each food item. The Carbs & Cals approach has already helped thousands of people in the UK to manage their diet and diabetes, so we are proud and excited to now bring you this brand new USA version of our bestselling book!

Book Information

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ISBN-13: 978-1908261014

Product Dimensions: 5.8 x 0.6 x 8.3 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #786,522 in Books (See Top 100 in Books) #52 in Â Books > Health, Fitness & Dieting > Nutrition > Fiber #6062 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Okay, so I am one who loves pictures and this book has pictures of portions as well as the nutritional information. Even gives you the plate/bowl/glass size. A great feature is there is an app for your phone! I do not yet have an internet phone, but when I do get one, this is a must app for me!

fab book very clear and very useful in showing how to manage portion size ...also brilliant for non speaking english nationals as in picture for so very helpful tool and resource , highly recommend for all age users

It is a fab book. Diabetes is much better to manage with the help of the books. The book is called carbs and cals and fibre counter

Shows pictures of portion sizes for foods and beverages. Very good illustrations but it was not exactly what I thought I was buying but very nicely put together and informative.

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