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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

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 alcoholic 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.

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