



Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More

Dana Carpender

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Dana Carpender's NEW Carb Counter is a completely revised and updated version of the bestselling *Carb Gram Counter*. It includes more than 100 pages of new content, including new and popular brand name products, fast food chains, and restaurants. Each entry contains the serving size amount, calories, total carbs, fiber, net carbs, protein, and fat in the food—making it the perfect reference tool for dieters of all kinds. Better still, any foods with less than five grams of net carbs are featured in bold, so low-carb dieters can easily see those foods that are best for them and their health.

Also included are helpful low-carb eating tips, as well as great lists of low-carb snack, treat, and meal ideas, all from best-selling author and low-carb guru Dana Carpender.

With *Dana Carpender's NEW Carb Counter* in your pocket or purse, everything you need to stay on track and at your healthiest is at your fingertips.

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