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Carb Charts - Low Carb Reference

Lisa Shea

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** 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. 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. All of my low carb books provide appendices which explain how to successfully manage a low carb diet.

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