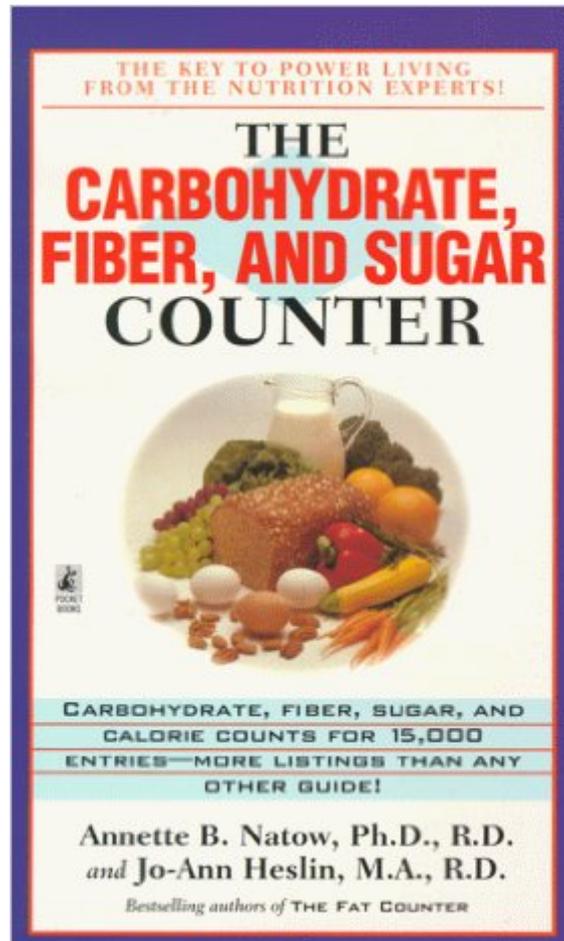


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# The Carbohydrate, Fiber, And Sugar Counter



## Synopsis

You don't have to be an elite athlete to eat like one -- their peak performance secret is carbohydrates, the pure energy source that keeps active people going strong. In this one-of-a-kind nutrition counter, discover the surprising benefits of carbohydrates, fiber, and sugar -- and boost your energy for everyday living with this powerful trio. Bestselling authors and nutrition experts Annette B. Natow and Jo-Ann Heslin shatter the myths surrounding: CARBOHYDRATES -- Learn why they are essential for weight maintenance and good health -- and which foods provide the best fuel for fast-paced living. FIBER -- Raise your daily intake with this essential guide; fiber may help cut the risk for cancer, lower cholesterol, aid in weight loss, and ease gastrointestinal problems. SUGAR -- Current research has revealed its unexpected benefits -- find out how sugar can fit into a healthy diet. This unrivaled counter includes 15,000 entries of brand name and generic foods (no repeated listings as in other guides), portion sizes, and caloric counts, to help ensure you're getting the best nutrition for the best food sources. Get ready to energize your life with this essential guide!

## Book Information

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## Customer Reviews

This book is a big disappointment. The cover brags that the book contains "15,000 entries - more listings than any other guide!" What the cover doesn't tell you is that for hundreds of these listings, the counts of sugar and fiber are listed as "data not available." I'm not talking about exotic foods here; there are missing entries for basics like apples and bananas. I am surprised and disappointed that the authors and the publisher would market such a sloppy and incomplete book. With so much missing information, even for many basic foods, I have found this book to be nearly useless and

quite frustrating. I plan to return this book for a refund. Save your money on this one.

This book does not cover basic whole foods adequately. I would think most people looking for such a book are interested in eating healthier and not looking for junk and processed food. There are no listing for common grains like wheat, oats &, rye. There are many processed wheat products listed as well as obscure things. I could find quinoa, beaver, bear, & whale; but, no wheat. The listing for beans contained only processed junk like canned baked beans, dips, refried stuff, etc. By looking up individual beans I could find some. Unfortunately, I found them to be of minimal use. There was either no listing for dried beans or if there was a listing it often did not have a fiber count. Initially I thought they were listing cooked dried beans to have no fiber. But, after comparing other entries I realized they were merely omitted. There are a lot of processed foods in the book along with useless entries like whale. The thing I found really offensive is the fact that they list no less than 15 entries for water. I'm sorry, I think anyone purchasing such a book is intelligent enough to know that water from 15 sources is going to contain the same amount of calories, carbohydrates, fiber, & sugar ZERO! It seems to me that a majority of this book was collected from package labels. Well, I can go online to one of the online shop at home services and collect package labels of products I'm interested in too. From what I understand they are not reliable as to amounts of fiber in products. I was expecting to get a comprehensive and realistic listing or real foods in this book and was sadly disappointed.

This is the second copy of this guide I've purchased, after the first one went home with one of my patients. I like the array of fast food restaurants listed in the back and the variety of items from highly processed items to boiled peanuts. I have found many ethnic items listed as well, which is very helpful for folks who weren't born in the States. It does focus on carbohydrates, fiber and sugar, and is not complete nutritional information - but if what you are looking for is carb counting - I loved it.

the book is more than i expected and is of great help to me in my counting of carbohydrates, due to the recent diagnosis of diabetes.

Nothing better. The Sugars, Carbs and Fiber. What else is there? The best. Thank you publishers!!!!

This book I'm sure is fine for some, but my husband is diabetic and I needed to know the exact amount of sugar in an easy and handy way, this did not suit the bill.

We really like this book, we use it every day, it is very helpful with the information we need. It was in great shape and we are very very satisfied.

This compact book is really handy to keep track of the sugar, carbohydrates and calories in foods. A great help in mastering a diet regimen.

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