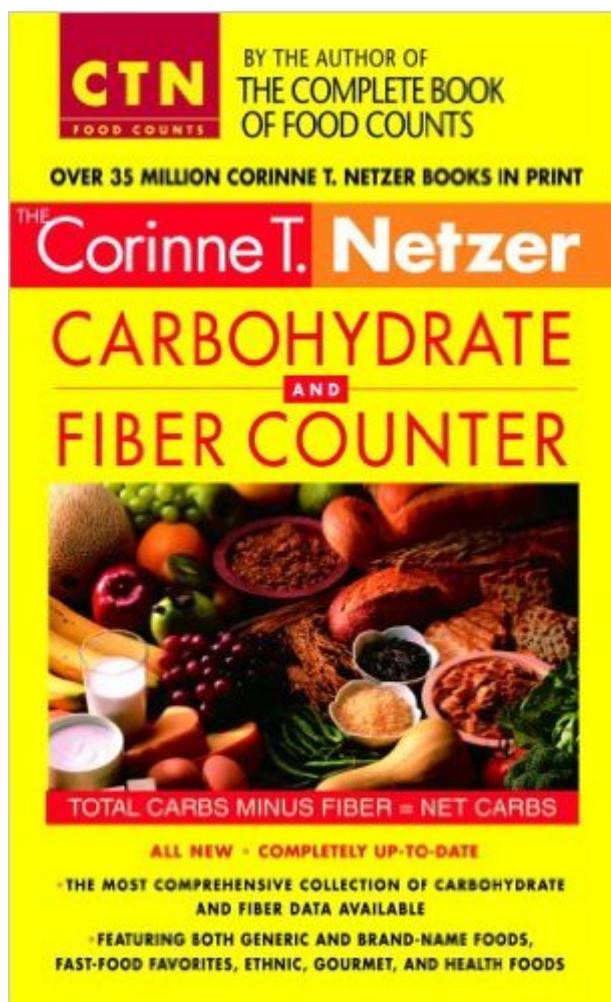


The book was found

Corinne T. Netzer Carbohydrate And Fiber Counter: The Most Comprehensive Collection Of Carbohydrate And Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter)





Synopsis

If you're like the millions of Americans who are trying to eat right and stay healthy, you know how important it is to keep track of the fiber and carbohydrate grams in your diet. After all, total carbs minus fiber = net carbs. With this all-new reference from bestselling expert Corinne T. Netzer, you'll get the most authoritative nutritional information available on the foods you eat every day. From the latest fast-food items to ethnic entrées, from gourmet and health foods to carb-controlled pastas and high-fiber baked goods, here are the latest, most accurate counts on a vast array of new products and old favorites, brand-name and generic foods. So whether you're reaching for a preworkout snack or navigating the supermarket or health food store aisles, whether you're trying to control your carbs or boost your fiber, here is the book that helps you make informed choices about the foods you eat—it's the ultimate reference for the health-conscious consumer!

Book Information

Series: Corinne T. Netzer Carbohydrate & Fiber Counter

Mass Market Paperback: 592 pages

Publisher: Dell; 1 edition (April 25, 2006)

Language: English

ISBN-10: 0440242959

ISBN-13: 978-0440242956

Product Dimensions: 4.2 x 1.3 x 7 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars (See all reviews) (4 customer reviews)

Best Sellers Rank: #1,772,984 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Nutrition > Fiber #1304 in Books > Reference > Consumer Guides #8218 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

I am diabetic and need a very good reference for carbohydrates and really hoped this would be it. However, on my very first look-up I was very disappointed. I was looking up broccoli so I could calculate my dinner carbs. When I finally found the page - difficult to do because there are no alphabet references at the top of the pages - I was given the choice of either raw broccoli or boiled broccoli...well hey there, how about steamed broccoli or roasted broccoli??? The only measurement references given were in cups (how do you measure a piece of broccoli in a measuring cup?)unless you were looking at a full stalk, boiled. Then it was defined as weighing 9.3 ounces and you could

do a two or three step math calculation to figure out how many grams of carb there were in one ounce of boiled broccoli. Gosh darn it, vegetables can not be measured in measuring cups accurately. It all depends on the size of the pieces and do you smoosh them down or not and etc. The only accurate way to measure vegetables and most other foods we eat (except liquids) is by ounce or gram. Why don't the authors of these books realize that and just give us the ounce count? My next look-up was eggplant (again I had trouble finding it because there are no alpha references at the top of the pages) and I ran into exactly the same situation. Either I could get the count for raw eggplant (yuck!) or boiled eggplant and the quantities given were not accurately measurable. If returning this book didn't cost more than the book itself, I would return it in a snap. And I would never recommend this book to a friend.

The top of each page should have headers so you know where you are when looking something up. Also, there are so many commercially processed foods listed that it's hard to find something simple like the fiber in a banana! The information is there however, if you are willing to be patient.

This is the best Carbohydrate and fiber counter I have come across.

I think it list every food known to man.

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