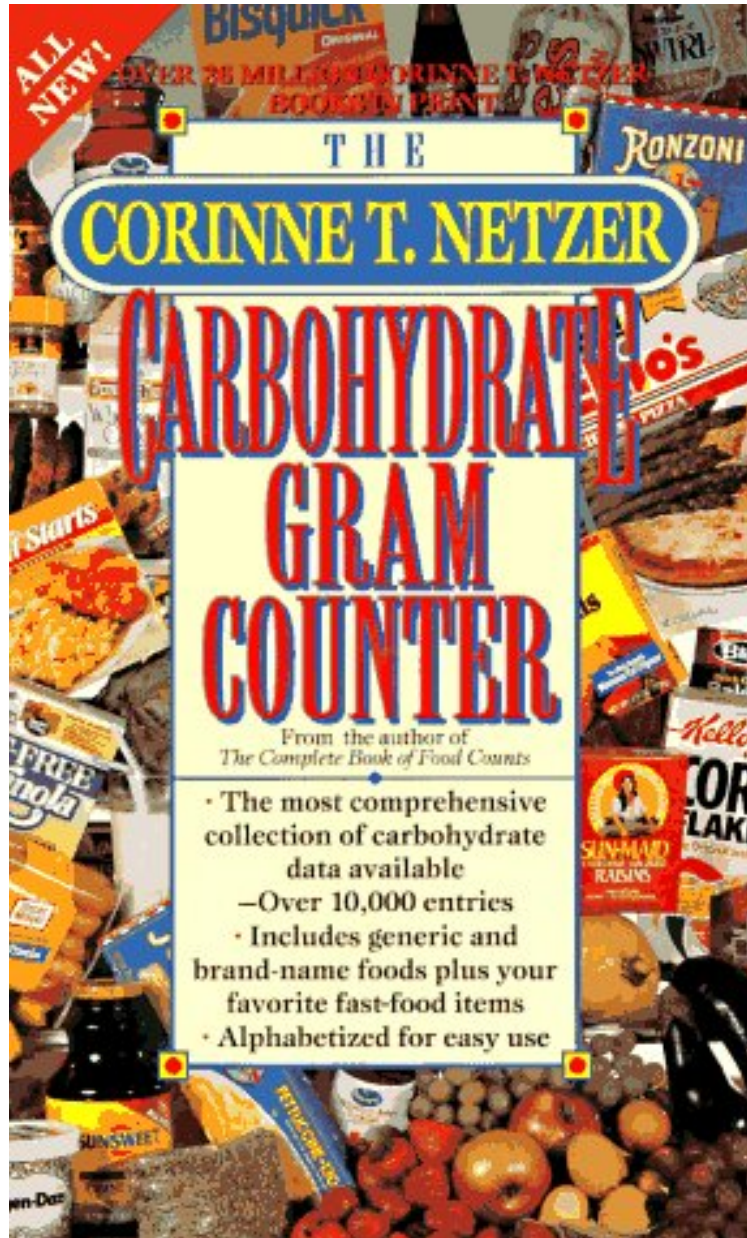


The Corinne T. Netzer Carbohydrate Gram Counter

Corinne T. Netzer

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Corinne T. Netzer : The Corinne T. Netzer Carbohydrate Gram Counter before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Corinne T. Netzer Carbohydrate Gram Counter:

0 of 0 people found the following review helpful. Don't bother with the Corinne T. Netzer Carb Counter if you're counting carbs. By Deb Ralph It consists of manufacturer products and not just foods. Disappointing. 0 of 0 people

found the following review helpful. bookBy j.v. When i tried Atkins, was a very informational source . Easy to read, good condition, and appropriate information to follow. 10 of 10 people found the following review helpful. A must if you are on the Sugar Buster or the Atkins Diet. By A Customer This book has the summary of all the information that will be necessary to help you follow your low carb/no sugar diet successfully. If you have children, a job, (a life?), this book will assist in keeping the facts at hand as you shop, cook, order out, and do what is necessary to conduct your daily scheduled functions needed. Of all the carb counting books, this one lays out the information most logically to assist in helping not hindering you in your diet.

This comprehensive guide makes it easy to total up those important carbs when you plan your daily menu...when you need to check on a fast-food item...or when you are dining out in style. When you want to have accurate, up-to-date facts for a low or high-carb diet--whether its for health reasons or weight control--you can depend on Corinne T. Netzer, the expert who has consistently set the standards for quality and comprehensiveness in nutritional guides. Here, at last, is a reference that fits your needs for the 1990's--when it is more critical than ever to know exactly how many grams of carbohydrates you are getting every day.

From the Publisher This comprehensive guide makes it easy to total up those important carbs when you plan your daily menu...when you need to check on a fast-food item...or when you are dining out in style. When you want to have accurate, up-to-date facts for a low or high-carb diet--whether its for health reasons or weight control--you can depend on Corinne T. Netzer, the expert who has consistently set the standards for quality and comprehensiveness in nutritional guides. Here, at last, is a reference that fits your needs for the 1990's--when it is more critical than ever to know exactly how many grams of carbohydrates you are getting every day. From the Inside Flap This comprehensive guide makes it easy to total up those important carbs when you plan your daily menu...when you need to check on a fast-food item...or when you are dining out in style. When you want to have accurate, up-to-date facts for a low or high-carb diet--whether its for health reasons or weight control--you can depend on Corinne T. Netzer, the expert who has consistently set the standards for quality and comprehensiveness in nutritional guides. Here, at last, is a reference that fits your needs for the 1990's--when it is more critical than ever to know exactly how many grams of carbohydrates you are getting every day.