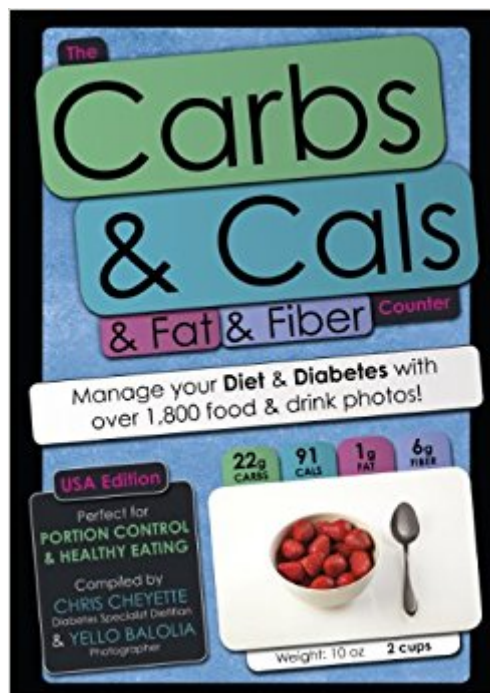




The book was found

# The Carbs & Cals & Fat & Fiber Counter (USA Edition): Manage Your Diet & Diabetes With Over 1,800 Food & Drink Photos!



## Synopsis

MANAGE YOUR DIET AND DIABETES THE CARBS & CALS WAY, WITH OVER 1,800 FOOD & DRINK PHOTOS! The Carbs & Cals & Fat & Fiber Counter is the FIRST diet and diabetes book to show hundreds of photos of popular USA food and drink items in up to 6 portion sizes, with the carb, calorie, fat, and fiber values clearly displayed in color-coded tabs above each photo. Simply compare the food on your plate with the photos in the book. With this unique book, carb and calorie counting has never been easier! This revolutionary, easy-to-use guide to diet, weight loss, portion control, and diabetes management will help you to: See at a glance the carbs, calories, fat, and fiber you are consuming. Take out the guesswork and time spent weighing food. Reduce your calories and fat intake by selecting a smaller portion or swapping a high-calorie food item for a healthier alternative. The book contains: An 11-page introduction with information about diet and diabetes. 310 pages of full-color photos arranged in 19 food and drink categories. Up to 6 portion photos for each food item. The Carbs & Cals approach has already helped thousands of people in the UK to manage their diet and diabetes, so we are proud and excited to now bring you this brand new USA version of our bestselling book!

## Book Information

Paperback: 340 pages

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Best Sellers Rank: #503,434 in Books (See Top 100 in Books) #28 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #4005 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

Chris Cheyette is a Diabetes Specialist Dietitian with the National Health Service, working with people with Type 1, Type 2 and gestational diabetes. He won the 2007 British Dietetic Association Elizabeth Washington Award for his educational DVD for young people with diabetes. Chris is an elected member of the UK Advisory council for Diabetes UK and a committee member of the

Diabetes Management & Education Group of the British Dietetic Association. In August 2003 Canada-born, Blackpool-bred Yello Balolia bought his first ever camera. He soon proceeded to give up his full-time job as a TV Dubbing Mixer and turn to a visual-based career. Having since achieved a first class honours degree in Photography, Yello has undertaken a series of creative projects including private photographic commissions (yellobalolia.com).

Okay, so I am one who loves pictures and this book has pictures of portions as well as the nutritional information. Even gives you the plate/bowl/glass size. A great feature is there is an app for your phone! I do not yet have an internet phone, but when I do get one, this is a must app for me!

fab book very clear and very useful in showing how to manage portion size ...also brilliant for non speaking english nationals as in picture for so very helpful tool and resource , highly recommend for all age users

awesome

Shows pictures of portion sizes for foods and beverages. Very good illustrations but it was not exactly what I thought I was buying but very nicely put together and informative.

WIFE LIKED IT

Good

Very helpful to see the portion size and the carb intake.

It is a fab book. Diabetes is much better to manage with the help of the books. The book is called carbs and cals and fibre counter

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Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure, Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Carbs & Cals Very Low Calorie Recipes & Meal Plans: Lose Weight, Improve Blood Sugar Levels and Reverse Type 2 Diabetes The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) 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 Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet, Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce

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