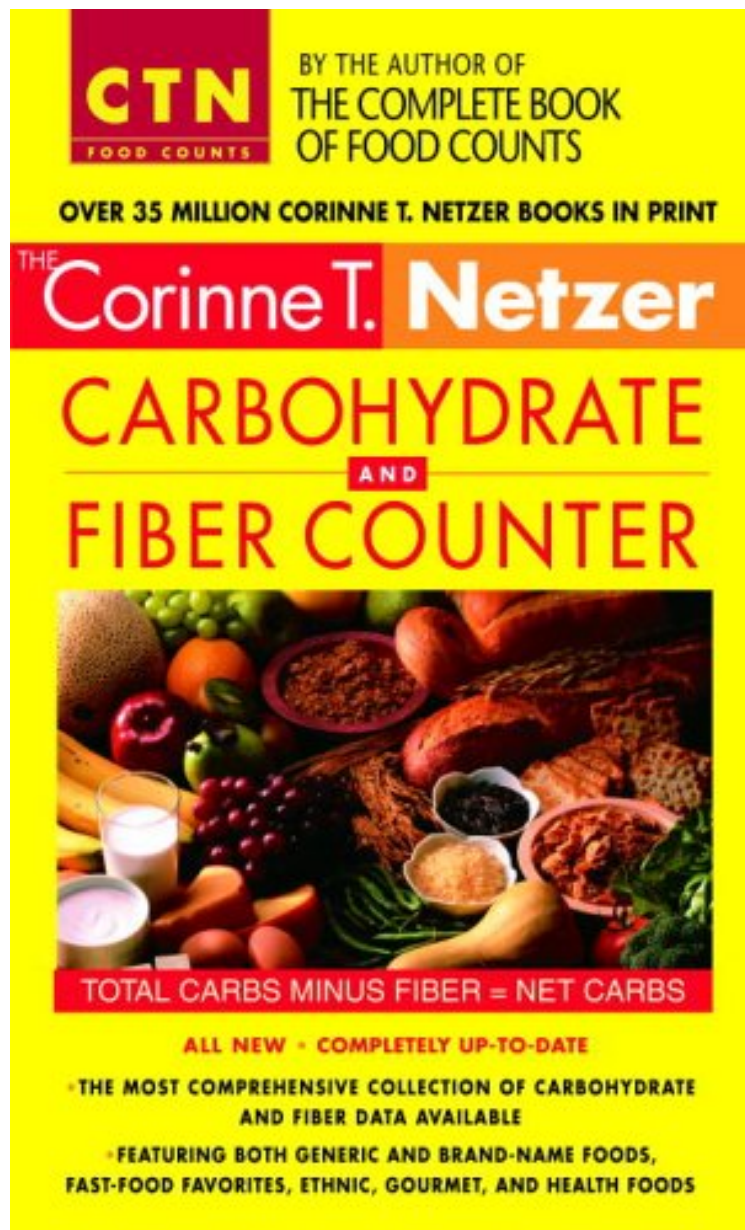


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Corinne T. Netzer : Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate Fiber Counter) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate Fiber Counter):

17 of 18 people found the following review helpful. I was hoping By Davida Copperfield 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 smooch 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. 4 of 4 people found the following review helpful. A Bit Difficult to Use By Melissa Harris 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. 0 of 0 people found the following review helpful. Lik The Carb and Fiber counter book By VL This is the best Carbohydrate and fiber counter I have come across.

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 entrees, 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 - the ultimate reference for the health-conscious consumer!

From the Inside Flap Record what you eat and control your carbs! Record everything you eat and drink, consult the handy carbohydrate counter, chart your daily totals to monitor your carbohydrate intake. It's easy to keep track of your carbohydrate intake with this handy, page-per-day diary. Now you can spot and eliminate trouble areas at a glance. Just jot down everything you eat and drink--including snacks!--and follow your progress day by day with the book that helps you stay in control. An easy-to-use system for recording your daily carbohydrate intake for up to 16 full weeks Expert dieting hints to help you maintain your regimen A weekly progress report to keep you informed and motivated Includes a compact carbohydrate counter for quick reference From the Back Cover RECORD WHAT YOU EAT AND CONTROL YOUR CARBS! It's easy to keep track of your carbohydrate intake with this handy, page-per-day diary. Now you can spot and eliminate trouble areas at a glance. Just jot down everything you eat and drink -- including snacks! -- and follow your progress day by day with the book that helps you stay in control.-- An easy-to-use system for recording your daily carbohydrate intake for up to 16 full weeks-- Expert dieting hints to help you maintain your regimen-- A weekly progress report to keep you informed and motivated-- Includes a compact carbohydrate counter for quick reference About the Author CORINNE T. NETZER is the author of dozens of books on diet and nutrition, including The Complete Book Of Food Counts, The Carbohydrate Counter, and The Corinne T. Netzer Dieter's Activity Diary. There are over 30 million of her books in print.