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THE ULTIMATE CARBOHY DRATE COUNTER (3RD)



Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, The Ultimate Carbohydrate Counter (3rd), Jo-Ann Heslin, Karen J Nolan, This fully updated and revised second edition, part of the successful food Counter series, is the essential guide for all dieters. An estimated 59 million Americans are following a low carbohydrate eating plan. Let the nutrition experts help you sort through the carbs that are best for you! Carbs are blamed for everything from obesity and diabetes to heart disease and...

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- Authored by Jo-Ann Heslin, Karen J Nolan
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