

[PDF] Dr. Atkins' New Carbohydrate Gram Counter

ROBERT C. ATKINS, M.D. - pdf download free book

Books Details:

Title: Dr. Atkins' New Carbohydrate

Author: ROBERT C. ATKINS, M.D.

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Description:

Dr. Atkins' New Carbohydrate Gram Counter has a slightly misleading name. While grams of carbohydrate are listed for various foods, there are also protein and fat grams listed for each entry. With more than 1,200 listings, including hundreds of brand-name products, this makes a handy, portable reference. It should be noted, however, that that the *Gram Counter* is really meant as a companion to ; the brief dietary information included in the introduction to the *Gram Counter* isn't of much use by itself.

From Publishers Weekly This small-format companion book to Dr. Atkins' New Diet Revolution offers people a pocketsize guide to any of the four phases of the Atkins plan. Organized into food categories such as "Poultry" and "Beverages," the book gives the amount of carbs, net carbs, fiber,

protein, fat and calorie counts for each item. Both generic and brand name foods are included. For example, there are nine listings for different types of roasted chicken and there are even more listings for frozen, skillet and potpies, including Banquet, Morton and Purdue. The dessert section has been expanded from earlier editions to include a range of ice cream and sorbet products, cakes and cookies, as well as snacks such as chips and peanuts. Newer products such as terra chips and soy crisps are included. Sufficient explanatory material is found in the "dining out" chapters, which cover both restaurants and fast food chains. Atkins also offers pointers such as "Don't torture yourself if you accidentally consume something that's been batter dipped or breaded. Remember it's only one meal."

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