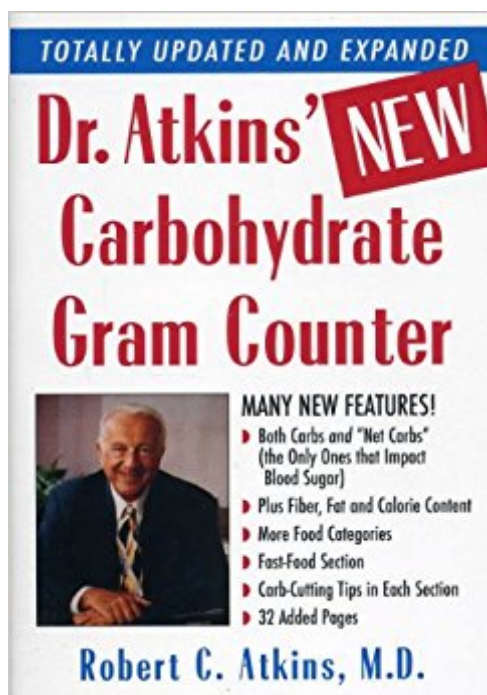


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Dr. Atkins' New Carbohydrate Gram Counter



Synopsis

The companion to the New York Times best-seller.

Book Information

Paperback: 96 pages

Publisher: M. Evans & Company; Revised edition (December 10, 1996)

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Average Customer Review: 4.1 out of 5 stars 399 customer reviews

Best Sellers Rank: #10,814 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #13 in Books > Health, Fitness & Dieting > Reference #16 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

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 the Gram Counter is really meant as a companion to Dr. Atkins' New Diet Revolution; the brief dietary information included in the introduction to the Gram Counter isn't of much use by itself.

This small-format companion book to Dr. Atkins' New Diet Revolution offers people a pocket-size 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." Copyright 2003 Reed Business Information, Inc.

Atkins has always helped me eliminate the carbs. And I immediately lose the hunger and eat well. I like to try different diets like Ian Smith and Atkins so I won't plateau. And it makes it less boring so I don't lose interest. But working out is key and it helps you control your intake. So I start walking 4 to 5 miles on Saturday and Sunday mornings. I put me first before anything. I had to tell myself that out the day would be gone. Once that's out the way, I can start my life. lol. I walk and trot until I feel tired and walk again. That's how I build myself up to a consistent run. It works. and during the work week I work out three times a week and if I can't I don't feel so bad cause I put in my 10 miles over the weekend. ten miles is only an hour walk around my park, each circle is a mile. So I do four or five. I get it done! You have to start somewhere. Hope this is helpful.

Just what the doctor ordered. Atkins diet is slightly difficult to begin, but once started, it's nice to have days when you have to make yourself eat! (It's necessary). It's simple - no carb counting, I weigh myself each day, sometimes losing a pound, (not everyday!) So far, I've lost 24lb and still going down. My BP is down as is my A1C. If you are determined,...

I decided to try a low carb diet and wanted to consider what foods I should be eating. I looked at so many books, magazines and charts showing carb counts that I was getting very confused by it all. Then I came across this book and everything started making sense. This book is easy to understand. It clearly states the number of carbs in any food you can think of. It shows you so many different choices that you begin to realize all the many foods that you would be able to eat. So many other carb count books gave unnecessary information that made it more difficult to understand the best foods to eat with the lowest number of carbs. What a great reference book. I highly recommend this book to carb counters.

I had one of these once, and now that I am going on HF/LC eating I need it again. I like the compact size. The Net carbs which are the total carbs minus the fiber, are in their own column, and so you do not have to do any math.

It is what it is. Handy to have around.

Had out of control diabetes (11.5 A1C). Went on Atkins for 2 months, got sugar under control and then went Paleo. Got A1C to 5.8 in 3 months.

If you are on a Keto diet, this little book is indispensable to keep track of carbs in food as it lists just about everything and the carb content.

Constantly used to keep track. It seems I think more about food when I'm restricted....however.

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