



# **Dana Carpender's Carb Gram Counter: Usable Carbs, Protein, Fat, and Calories - Plus Tips on Eating Low-Carb!**

*Dana Carpender*

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## **Dana Carpender's Carb Gram Counter: Usable Carbs, Protein, Fat, and Calories - Plus Tips on Eating Low-Carb! Dana Carpender**

Hello, low-carb dieters! Need some help? In this book you'll find a comprehensive directory of the total carbs, usable carbs, fiber, protein, and calorie amounts for countless different types of food. To make it easy to use, we've highlighted the usable carbs, so you can find the most vital information at a glance. And to help you put more variety in your diet, we've also highlighted the foods with less than five grams of usable carbs per serving, so you can see what you may have been missing!

To help you maintain a low-carb diet happily and successfully for life, we've included the best low-carb tips. We've even put together lists of great low-carb snacks, low-carb treats, fast food meals, and more!

So grab this little book, and carry it in your pocket, purse, or briefcase -- it's the low-carb tool you've been looking for!



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