



# **Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter)**

*Corinne T. Netzer*

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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 entrées, 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—it's the ultimate reference for the health-conscious consumer!

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