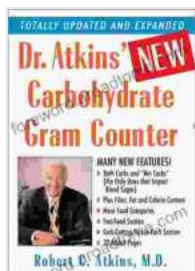


More Than 1200 Brand Name And Generic Foods Listed With Carbohydrate Protein

In today's fast-paced world, maintaining a healthy diet can be challenging. Understanding the nutritional content of the foods we eat is crucial for making informed choices that support our overall well-being. This book is an invaluable resource for anyone looking to gain a comprehensive understanding of the carbohydrate and protein content of over 1200 brand-name and generic foods.

Unlocking the Power of Nutrition

This book provides a wealth of information on the macronutrient composition of various foods, including:



Dr. Atkins' New Carbohydrate Gram Counter: More Than 1200 Brand-Name and Generic Foods Listed with Carbohydrate, Protein, and Fat Contents

by Dr. Robert C. Atkins MD

★★★★☆ 4.3 out of 5

Language : English
File size : 4877 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 76 pages



- **Carbohydrate Content:** Discover the amount of carbohydrates in each food, categorized into simple and complex carbohydrates.
- **Protein Content:** Determine the protein content of foods, essential for building and repairing tissues.
- **Detailed Nutrient Information:** Gain insights into the specific amounts of carbohydrates and protein per serving, empowering you to track your nutrient intake.

Empowering Informed Dietary Choices

With access to this comprehensive data, you can make informed dietary decisions that align with your individual needs. Whether you're managing weight, monitoring blood sugar levels, or simply seeking to improve your overall health, this book serves as a valuable tool for:

- **Meal Planning:** Design balanced meals that meet your specific carbohydrate and protein requirements.
- **Portion Control:** Understand the serving sizes of different foods to avoid over- or under-consumption.
- **Dietary Management:** Track your carbohydrate and protein intake to support specific dietary needs, such as low-carb diets or high-protein diets.

Value for Healthcare Professionals

This book is not only a valuable resource for individuals seeking to improve their nutrition, but also for healthcare professionals. Dietitians, nurses, and physicians can utilize this information to:

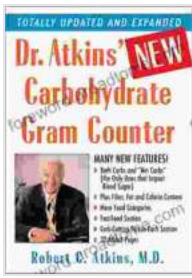
- **Provide Nutrition Counseling:** Guide clients in making informed food choices based on their specific nutritional goals.
- **Create Personalized Meal Plans:** Develop tailored meal plans that meet individual carbohydrate and protein requirements.
- **Educate Patients:** Empower patients with the knowledge they need to make healthy dietary choices.

Benefits of Using This Book

By investing in this comprehensive resource, you will gain:

- **Comprehensive Nutritional Data:** Access to detailed carbohydrate and protein content of over 1200 brand-name and generic foods.
- **Informed Dietary Choices:** Empowered decision-making for your dietary needs and health goals.
- **Improved Health Outcomes:** Support for weight management, blood sugar control, and overall well-being.
- **Time-Saving and Convenience:** Quick access to nutritional information without the need for extensive research.

"More Than 1200 Brand Name And Generic Foods Listed With Carbohydrate Protein" is an indispensable resource for anyone seeking to understand the nutritional composition of the foods they eat. With its comprehensive data and clear presentation, this book empowers you to make informed dietary choices, achieve your health goals, and live a healthier, more fulfilling life.



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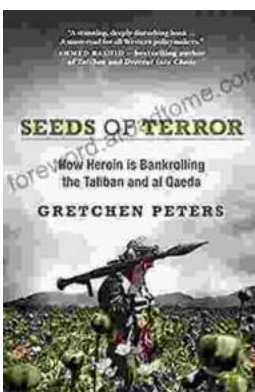
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