



The Carbohydrate Addict's Gram Counter (Signet)

Dr. Rachael F. Heller, Dr. Richard F. Heller

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If you love to eat starches, snack foods or sweets, and have trouble stopping once you start, you may be a carbohydrate addict. Standard diets don't work for you simply because it's not a matter of willpower, it's a matter of biology. Offering much more than a standard gram counter, this handy reference provides the special information carbohydrate addicts need on:

* **Calorie, fat and carbohydrate counts of 2,700 foods**

* Health and diet foods and over-the-counter medications that can trigger carbohydrate cravings and weight gain

* Menu items from 14 national fast-food chains

* Dining out--ethnic style--for all your favorite foods

Hundreds of vegetarian, non-meat and non-dairy alternatives

* Low-fat, healthy-heart food choices

The Drs. Heller have discovered what causes carbohydrate addiction and, best of all, how to help you correct it--permanently...and struggle-free. If you are a carbohydrate addict, this little book contains information that is essential to your success.

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Charles Lee:

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