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carbs cals chris cheyette pdf

Carbs & Cals is a unique way of counting carbs, calories and other nutrients. Our products show thousands of photos of food portions, with the nutritional info shown for each photo. Check out our bestselling books & award-winning app. We make carb & calorie counting easy to understand and accessible to everyone.

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The Carbs & Cals Pocket Counter is the ultimate visual carbohydrate and calorie counter! Small enough to fit into a pocket or handbag, this highly visual easy-to-use book contains over 750 photos of popular food and drink items, with the calorie and nutrient values clearly displayed in colour-coded tabs around each photo.

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Carbs & Cals Flashcards (English, Loose-leaf) Chris Cheyette, Yello Balolia. The Carbs & Cals Flashcards are a visual guide to counting carbs, calories and other nutrients. Each pack contains 64 large, durable cards showing photos of popular food and drink items. One side of each card displays a food photo and states the portion weight. The reverse of the card has the same photo, but also clearly shows the nutritional info.

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Carbs & Cals Carb & Calorie Counter: Count Your Carbs & Calories with Over 1,700 Food & Drink Photos! by Chris Cheyette; Yello Balolia and a great selection of related books, art and collectibles available now at AbeBooks.co.uk.

Carbs Cals Count Calories Over by Chris Cheyette Yello

Carbs & Cals is here to put YOU in control, helping you to be conscious of your consumption. Our

super-visual books have an array of healthy recipes and thousands of individual food photos, all with the nutritional values clearly displayed.

Healthy Eating - Carbs & Cals

The Carbs & Cals book is an easy-to-use, highly effective resource for diabetes management, weight loss, portion control and healthy eating. It contains over 1,700 photos of popular food and drink items, with the carbohydrate, calorie, protein, fat, saturated fat and fibre values clearly displayed in colour-coded tabs around each photo.

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