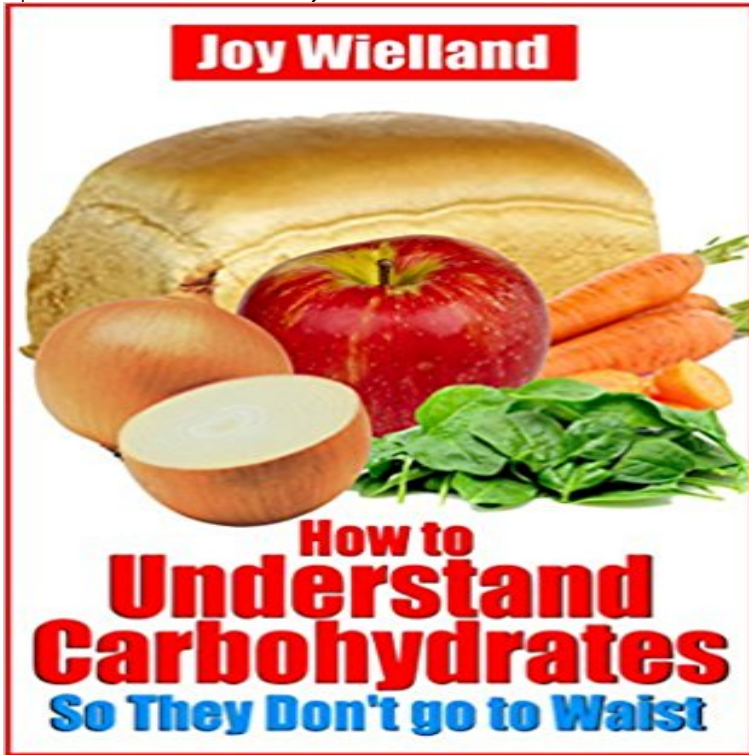


How to Understand Carbohydrates: So they dont go to waist (Kitchen \$centse Book 2)



HOW TO UNDERSTAND CARBS (SO THEY DONT GO TO WAIST) Take the Black Hat Off Carbohydrates and Learn How to Use Them to Your Advantage In this book you will learn: Why carbs are such an important part of a healthy diet The difference between simple and complex carbs Why a baked potato with sour cream is a balanced meal in itself Detailed information about the major groups of carbohydrates How to avoid weight gain and still eat them The different types in each group and how to choose the right one How to cook them or rescue a dish Simple recipes In this book you will learn the difference between simple and complex carbohydrates, how each works, and why the complex ones are so important to a healthy diet. You will see that its virtually impossible to cut carbs out of your diet completely because they exist, to some degree, in almost every food. The trick to avoiding the damage they can do to your waistline is in knowing which ones and how many you need. The major source groups are explained in detail and broken down into types as are the hidden groups so often overlooked. There are cooking tips and some suggestions for uses and recipes included as well. COMMENTS FROM SOME READERS: This really helped me keep the weight I had lost off; because I understood what to eat and to avoid the gray areas I hadnt been aware of before. Alyssa S. Understanding carbohydrates has made it much easier for me to prepare meals for my family which my diabetic son can share. Thanks. Mary V. WANT TO LEARN MORE? Simply scroll to the top of the page and click the BUY NOW button.

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