



## The Brilliant Carb Counter

By Carolyn Humphries

W Foulsham & Co Ltd, 2010. Paperback. Book Condition: New. 11.1 x 17.8 cm. We didn't call it Brilliant for nothing: Up to date - 3,400 food entries - brands included. Calculates carbs per portion - not 100 g - more easily understood - really useful. Not just what to put on your plate. Product comparisons to use for your supermarket trolley. The food that we're eating TODAY not what we were eating in the 80s. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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