

<<碳水化合物知多少 Carbohydrate>>

图书基本信息

书名：<<碳水化合物知多少 Carbohydrate>>

13位ISBN编号：9787116200593

10位ISBN编号：7116200592

出版时间：2000-1

出版时间：Oversea Publishing House

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页数：164

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内容概要

With their many New York Times bestsellers, the Carbohydrate Addict's experts, Drs! Rachael and Richard HeHer, changed the way we think about dieting--with smart, sensible advice that ended the "yo-yo" cycle of gaining/losing weight. Now they have created the easiest, fastest, mast user-friendly pocket diet guides, with all the information you need to know about your favorite foods, brands, and restaurants.

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书籍目录

Introduction Beverages Bread, Crackers, and Flours Cereals Combined and Frozen Foods Dairy Dining Out Fast Food Fast Food Fruits Meats, Processed Medications Miscellaneous Foods Nuts, Beans, and Seeds Oils and Fats Pasta, Whole Grains, Rice, and Noodles Poultry Salad Bar Choices and Salad Dressings Seafood Snack Foods and Chips Soup Sweets Vegetables Vegetarian Choices

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