

# NUTRITIOUS CARB CHOICES

## Sweet Potato

One of your 5-a-day and rich in carotenoids, which our bodies convert to vitamin A



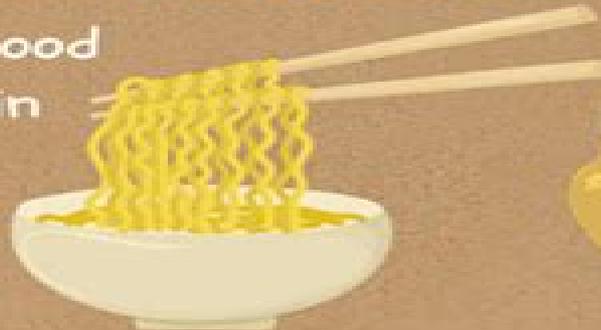
## Brown Rice

Choose wild rice to add a good-quality protein



## Wholewheat Noodles

A wholegrain food that's rich in fibre



## Banana

One of your 5-a-day and a nutritious energy boost if you're on the go



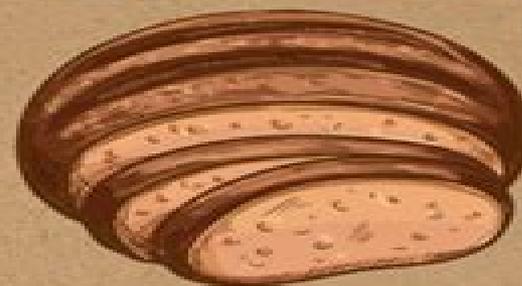
## Porridge Oats

A particularly heart-friendly choice due to their soluble fibre content



## Wholemeal Bread

A useful source of zinc



# Carbohydrates Addicts Healthy For Life

**Jonny Bowden**



## **Carbohydrates Addicts Healthy For Life:**

*The Carbohydrate Addict's Healthy Heart Program* Richard Ferdinand Heller, Rachael F. Heller, Frederic J. Vagnini, 2000  
Compatible with the American Heart Association guidelines The Carbohydrate Addicts Healthy Heart Program is a carb smart plan designed to correct the cause of your carbohydrate cravings and weight gain while cutting your risk for high blood pressure high blood fat levels adult onset diabetes and heart disease without sacrifice and without deprivation  
WITNESS THE AMAZING RESULTS FROM THE CARBOHYDRATE ADDICT S HEALTHY HEART PROGRAM DR RACHAEL F HELLER show before and after photos of Dr Heller BEFORE AFTER BLOOD PRESSURE 220 120 110 70 TOTAL CHOLESTEROL 250 178 TRIGLYCERIDES 385 98 BLOOD SUGAR DIABETIC NORMAL WEIGHT 300 lbs 138 lbs HEART RISK RATIO HIGH RISK LOW RISK Are you a carbohydrate addict at risk for heart disease Take this quiz and find out 1 After eating breakfast are you hungry before lunchtime 2 Do you get tired in the middle of the afternoon and find that a snack makes you feel better 3 Do you eat or snack when you re really not hungry 4 Once you start eating snack foods or sweets is it hard to stop 5 Does stress exhaustion loneliness or boredom make you want to eat 6 Have you been told that you re overweight or have high blood pressure or adult onset diabetes Or do any of these disorders run in your family SCORING COUNT YOUR YES ANSWERS 0 1 PROBABLY NOT CARBOHYDRATE ADDICTED 2 4 MILD OR MODERATE CARBOHYDRATE ADDICTION 5 6 SEVERELY CARBOHYDRATE ADDICTED

**Carbohydrate Addict's Healthy for Life**  
Richard Ferdinand Heller, Rachael F. Heller, 2000 In *The Carbohydrate Addict s Diet* and *The Carbohydrate Addict s Lifespan Program* Drs Richard and Rachael Heller helped hundreds of thousands of people in their quest to achieve permanent weight loss Now they can help you live a longer healthier and happier life with their groundbreaking scientific discovery revealed in *The Carbohydrate Addict s Healthy for Life* *The Carbohydrate Addict's Diet* Rachael F. Heller, Richard F. Heller, 1993-03-01 After eating a full breakfast are you hungrier before it s time for lunch than you would be if you only had time for a cup of coffee Do you have a hard time stopping once you start to eat bread pasta or sweets Do you have a tendency to gain weight easily or if you lose weight to gain it back again If you answered yes to one or more of these questions you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates a compelling or recurring craving for starches snack foods or sweets Now Drs Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that eliminates the cravings and helps you to overcome the yo yo syndrome permanently without deprivation based on the Hellers nine years of research thousands of case studies and their own personal victories over cravings and weight maintaining a 200 pound loss between them this healthful unique diet features a pleasurable way that adapts to your lifestyle and does away with measuring food exchanges and calorie counting A daily Reward Meal along with wholesome balanced Complementary Meals fit easily into busy schedules restaraunt meals holiday celebrations and vacations Filled with sound advice and effective strategies including wonderful recipes and menu

plans this groundbreaking book helps eliminate carbohydrate cravings and puts you in control of your eating and your weight for life

**The Carbohydrate Addict's Carbohydrate Counter** Rachael F. Heller, Richard F. Heller, 2000 With their many New York Times bestsellers the Carbohydrate Addict's experts Drs Rachael and Richard Heller 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 most user friendly pocket diet guides with all the information you need to know about your favourite foods brands and restaurants

**The Carbohydrate Addict's Calorie Counter** Rachael F. Heller, Richard F. Heller, Dr Rachael F. Heller, 2000 The bestselling authors of books on carbohydrate addiction which surged in sales after their appearance on Oprah this fall release a revolutionary approach to calorie counting with this new book Alphabetized bar graphs allow readers to see at a glance which foods are lowest in calories High low comparison charts list calories in descending order The serving size lists are all uniform

**The Carbohydrate Addict's Fat Counter** Rachael F. Heller, Richard F. Heller, 2000 The authors whose carbohydrate addicts program created a national stir after recent Oprah appearances release the first completely new approach to fat gram counting a fast easy to use at a glance format that will help readers stick to their diets All serving sizes are uniform High low comparisons list fats in descending order Helpful tidbits are also included

*The Carbohydrate Addict's No Cravings Cookbook* Rachael F. Heller, Richard F. Heller, 2005 Low carb diets have transformed the way America eats but staying on them presents two common challenges cravings and boredom Drs Rachael and Richard Heller known for over twenty years as the Carbohydrate Addict's doctors have helped millions of people achieve weight loss success in their low carb diets Now developing two hundred exciting all new recipes they present a one of a kind cookbook that asks readers specifically what they're hungry for Organized by thorough lists of longings from hot and spicy to cool and refreshing The Carbohydrate Addict's No Cravings Cookbook emphasizes on the spot satisfaction that will reinvigorate every low carb dieter on any program Each of these selections is truly low carb with six grams of carbohydrates or less per serving and none of the recipes require special low carb brand food obscure ingredients or sugar substitutes Desperate for a real Italian dinner Try Chicken Parmesan Romana Hankering for heat Flaming Shrimp Portobello is fiery and delicious Craving crunch Crisp and Crackly Cheese Crackers provide the right snap Keeping readers motivated the recipes in The Carbohydrate Addict's No Cravings Cookbook address individual palates in an energizing new way This is the ultimate cookbook for winning the fight against carbohydrate temptation reaching and maintaining your ideal weight and reviving the pure pleasure of eating

*The Secret to Low Carb Success!* Laura Richard, 2002 In this well researched and informative book the author discusses all the major carbohydrate diet programs and guides readers through the benefits and pitfalls of each showing exactly how to create a low carbohydrate lifestyle Includes tips on how to speed weight loss and break plateaus advice and personal success stories tips on how to harness the power of the Internet and more

**Healthy for Life** Richard Ferdinand Heller, Rachael F. Heller, 1996 The authors of the bestselling The Carbohydrate Addict's Diet present a scientific breakthrough that offers real

life help for the carbohydrate sensitive who are failing to reap the benefits of low fat diets Through simple step by step nutrition activity and stress reducing options the Hellers provide an easy lifestyle change program that helps carbohydrate sensitive readers enjoy the foods they love while losing weight *The 7-day Low-carb Rescue and Recovery Plan* Rachael F. Heller, Richard Ferdinand Heller, 2004 Drs Rachel and Richard Heller authors of the revolutionary New York Times bestselling Carbohydrate Addict's books are renowned for their ability to motivate readers with their own combined 200 pound weight loss success Drs Heller understand the physical and emotional reasons why people struggle to stay on their low carb diets or fall off them completely Now comes the right help at the right time a plan to put the low carb dieter back in control without deprivation in only a week or less Holidays vacation stress boredom and daily emotional wear and tear are all factors that can chip away at the most sincere diet commitment What starts out as a simple cheat often leads to bona fide failure In the end most low carb dieters are left to watch helplessly as their eating spirals out of control and the pounds creep or rush back on Drs Heller know that once someone has fallen off any low carb diet they need help to get back on and stay on Now there's a day by day scientifically based motivating and empowering program that will immediately reduce cravings satisfy the body's need for carbohydrates and help low carb dieters regain control over their eating and their weight

The Carbohydrate Addict's Gram Counter Rachael F. Heller, Richard F. Heller, 1993-06-01 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 **The Carbohydrate Addict's**

**Lifespan Program** Richard Ferdinand Heller, Rachael F. Heller, 1998 Millions of maturing Americans face increasing weight levels and failing health although they eat no more than they did when they were younger Drawing from their breakthrough research into the carbohydrate insulin connection to excess weight and poor health Drs Richard and Rachael Heller have created a comprehensive straightforward program for getting trim and staying vigorous through the best years of life

**The Carbohydrate Addict's Lifespan Program** Richard Ferdinand Heller, Dr Richard F. Heller, Rachael F. Heller, 2001 The authors revolutionized the diet industry with their breakthrough research into the carbohydrate insulin connection the discovery that excess amounts of insulin in the bloodstream cause people to store more fat and crave starches snack food and sweets Their personalized LifeSpan plan was designed to meet the needs of the struggling dieter The Low-Carb

Cookbook Fran McCullough, Michael R. Eades, Mary Dan Eades, 2001-01-01 Supporting a growing nutritional movement that emphasizes a reduction in carbohydrate intake the author of Great Food without Fuss who herself lost sixty pounds on a low carb diet provides readers with all the detailed information they need to make the dietary switch **The Diet Advisor** Time-Life Books, 2000 Covers more than twenty popular weight loss plans including Weight Watchers Dr Atkins diet the Scarsdale diet and Sugar Busters The Carbohydrate Addict's Program for Success Rachael F. Heller, Richard Ferdinand Heller, 1993 As the authors of the phenomenally successful Carbohydrate Addict's Diet know losing weight is hard work Even harder however is keeping the weight off sticking to the new patterns of eating necessary for success Now Drs Heller and Heller provide the additional support that every carbohydrate addict needs to succeed **The Carbohydrate Addict's Program for Success** Rachael F. Heller, Richard Ferdinand Heller, 2000 In their bestselling books The Carbohydrate Addict's Diet and The Carbohydrate Addict's LifeSpan Program Drs Rachel and Richard Heller revealed the underlying biological cause of carbohydrate cravings and weight gain for hundreds of thousands of people a physical addiction to carbohydrates Now in this companion workbook the Hellers provide the additional support and strategies every carbohydrate addict needs to succeed You will discover why you get hungry why you lose control why you put weight on easily why you blame yourself why you failed in the past and how to succeed now and in the future Keeping you slim forever and happy with yourself is what this inspiring guide is all about Good Carb, Bad Carb for a Healthy Lifestyle Wynnie Chan, 2005 **Subject Guide to Books in Print**, 2001 **Living the Low Carb Life (Scholastic)** Jonny Bowden, 2004 Reveals hundreds of secrets to finding and sticking with a healthy controlled carb program If there's anything you want to know about low carbing this is the book for you

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