



# **Good Carbs, Bad Carbs: Lose Weight and Enjoy Optimum Health and Vitality by Eating the Right Carbs, Second Edition-Revised and Updated**

*Johanna Burani*

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## **Good Carbs, Bad Carbs: Lose Weight and Enjoy Optimum Health and Vitality by Eating the Right Carbs, Second Edition-Revised and Updated Johanna Burani**

When it was first published early in 2002, Good Carbs, Bad Carbs was the first book to use the phrase "good carbs" and to clarify how to adjust one's eating habits to strike the perfect balance of carbohydrates for optimum health, weight, and vitality. Now, in this new, completely revised edition, best-selling author Johanna Burani brings Good Carbs, Bad Carbs totally up-to-date—with references to the most recent research—and more useful than ever for everyone trying to figure out exactly what carbs they should be eating. The focus remains on using the glycemic index to identify the carbs that most help to lose weight, stay healthy, control blood glucose levels, and maintain energy throughout the day. This edition of the best-selling guide also includes a wonderfully helpful laminated 4-color pullout shopping guide, as well as twenty all new good-carb recipes.

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