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The Complete and Up-to-Date Carb Book Karen J. Bellerson, 2006-08-17 The Complete & Up-to-Date Carb Book is the next generation in carb management, providing a quick, comprehensive way for savvy dieters to take control of their food intake and smartly manage their health. By learning how to calculate their net carb intake, dieters will not fall prey to the popular fads in dieting today. Bellerson includes information on calories, fiber and sugar grams, and total carb numbers for brand-name and generic foods, fast foods, processed and prepared foods, as well as natural foods and snacks. In all, there are more than 20,000 entries ranging from A to Z. The introductory material explains the glycemic index and how to use it, and the importance of fiber and sugars in calculating carbohydrate values. The strategies outlined here are easily compatible with The Zone, South Beach, and other balanced diet plans.

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Print and Public Politics in the English Revolution Jason Peacey, 2013-11-14 This is a major reassessment of the communications revolution of the seventeenth century. Using a wealth of archival evidence and the considerable output of the press, Jason Peacey demonstrates how new media - from ballads to pamphlets and newspapers - transformed the English public's ability to understand and participate in national political life. He analyses how contemporaries responded to political events as consumers of print; explores what they were able to learn about national politics; and examines how they developed the ability to appropriate a variety of print genres in order to participate in novel ways. Amid structural change and conjunctural upheaval, he argues that there occurred a dramatic re-shaping of the political nation, as citizens from all walks of life developed new habits and practices for engaging in daily political life, and for protecting and advancing their interests. This ultimately involved experience-led attempts to rethink the nature of representation and accountability.

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