



## How much carb? How much protein?

*At last an Australian carb and protein counter with easy reference when shopping or dining out, which will fit easily into your handbag or back pocket!*

**How much carb? How much protein?**, by Catherine Proctor, is the first step to losing weight. There is no need to worry about counting calories or grams of fat because by simply reducing carb intake and increasing protein, losing weight and maintaining weight loss is made easy.

There are over 900 everyday foods and drinks listed in **How much carb? How much protein?**, including restaurant meals, takeaways and alcoholic drinks.

Low carb, high protein diets are all the rage in Hollywood and around the world and this perfect companion is for anyone trying to lose weight and kept it off.

The striking cover and clear internal design make this eye-catching and easy to use.

**How much carb? How much protein?** is available at all leading bookshops in September, 2004.

### **About the Author**

Catherine Proctor is a freelance writer and editor specializing in health Books. She also runs her own cookery school. Previous books include *High Flavour, Low Fat*.

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