



# Carb Wars: Sugar is the New Fat

*Judy Barnes Baker*

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## **Carb Wars: Sugar is the New Fat** Judy Barnes Baker

You don't have to compromise on taste in order to cut carbs. "Carb Wars" is filled with over 370 low carb recipes that let you indulge your cravings while still maintaining a healthful lifestyle. Who would have thought that pecan pie, chocolate cake, homefries, cornbread, and peanut butter fudge could be part of a weight loss diet? This is food too good to resist and now you don't have to!

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