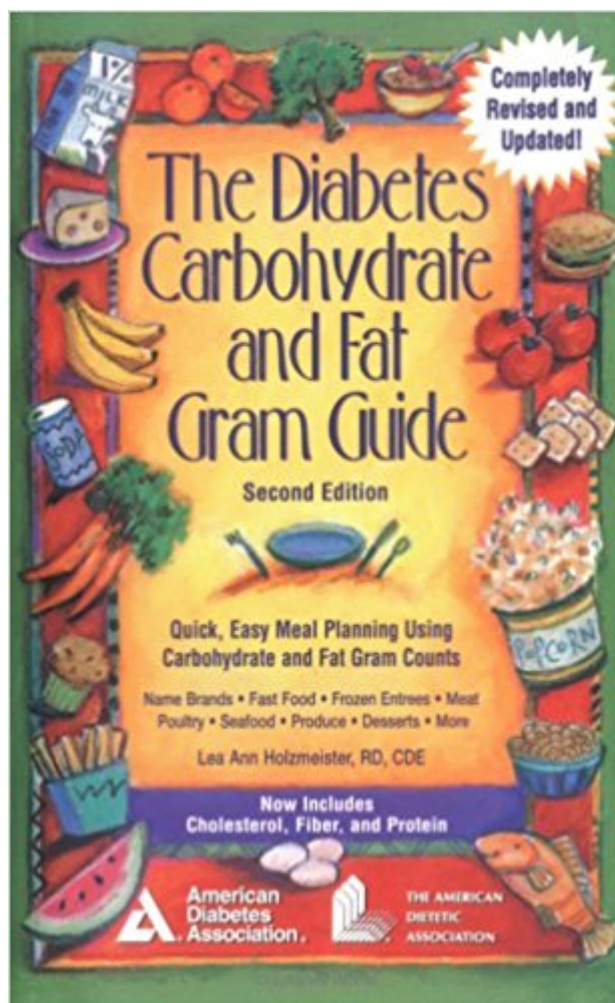


The book was found

The Diabetes Carbohydrate And Fat Gram Guide : Quick, Easy Meal Planning Using Carbohydrate And Fat Gram Counts



Synopsis

For people with diabetes, counting carbohydrates and fats is the approach recommended by dietitians. This user-friendly guide describes how to use many generic and brand-name foods in meal planning and teaches you to convert carbohydrate grams into carbohydrate exchanges. Nutrient counts for food planning, how to understand grocery store food labels, and how to incorporate different sources of food-count information into meal planning are also covered.

Book Information

Series: Ultimate Calorie, Carb & Fat Gram Counter

Paperback: 422 pages

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Language: English

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Product Dimensions: 4.2 x 1 x 6.8 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.2 out of 5 stars 47 customer reviews

Best Sellers Rank: #591,971 in Books (See Top 100 in Books) #49 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #335 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#) #459 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#)

Customer Reviews

Lea Ann Holzmeister, R.D., C.D.E., is a nutrition consultant and a certified diabetes educator, and is widely published in diabetes education.

Great condition

The fast food section will amaze you, an Arby's Big Montana , Italian or Turkey sub sandwich contains an entire days worth of Sodium. Not to pick on Arby's, many of the fast food joints have a sandwich/meal that is over 2000 mg of sodium. Even if you find a sandwich/burger with only 1200 mg, the Fries will finish you off. A Hardee's Big Country Breakfast w/sausage 2310 mg of sodium, so you are done with your days sodium right after breakfast!! also enjoyed reading the ethnic foods sections, especially Alaska, Moose, Caribou, Venison, and Bonehead Whale, all very low in fat,

calories, and sodium.

I was recommended this book by a dietician...it basically helps you make informed choices when planning what to cook, when you're out shopping at the grocery store, and especially when you're eating out. It is amazing how many calories some of our meals contain and if we only took the time to really scrutinise the food we consume, I think it can make a lot of difference to our health. I keep this as a guide when I prepare meals at home, and it has also taught me how to read labels on packaged foods etc...won't it be great if all restaurants did the same when we eat out?

I have been 100% pleased with the book so far. Everything I have wanted to find has been there and after a little use I am becoming a bit more familiar with the somewhat odd categorization and organization of individual food items. If I had to find something to criticize about the book it would be that a book of this size (over 600 pages) that one expects to use frequently would really be much more pleasant to use if it was spiral bound for easier access.

If you are diabetic this is a must have book to help change your eating habits. I would recommend to anyone..Carb counting is very important and this book will definitely get you a head of controlling your blood sugars. Also there are some great diabetic recipes to cook..I love this book and couldn't do without it..

Nice carb reference.

If you have diabetes, you must have this book. This book answers questions why your diabetes is out of control. You will know why what you eat affects your blood sugar.

Good information about most conventional food. I find it a bit difficult to find some items because they don't quite fit into the pigeonhole categories. Great information for fast food items!

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Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Ultimate Meal Planning Guide for Prediabetes & Diabetes Type 2: Meal Planning Starter's Guide for those with Prediabetes & Diabetes Type 2 Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2)

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