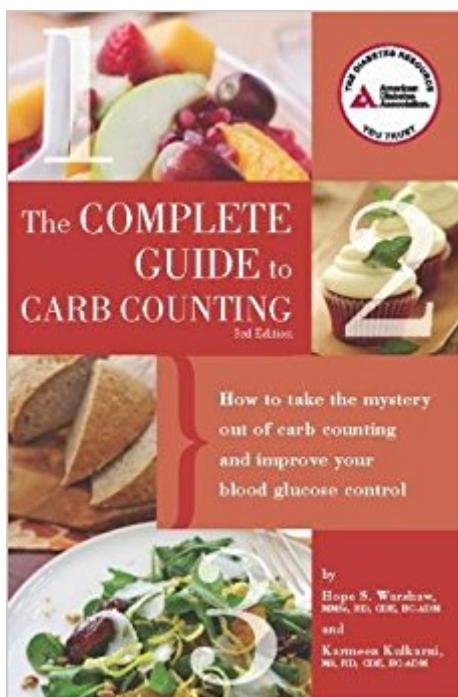


The book was found

Complete Guide To Carb Counting: How To Take The Mystery Out Of Carb Counting And Improve Your Blood Glucose Control



Synopsis

The completely revised Complete Guide to Carb Counting, 3rd edition, by the American Diabetes Association, provides you with the knowledge and the tools to put carbohydrate counting into practice. Rewritten and reorganized to introduce and explain carb counting concepts as you'll need them in your diabetes care plan, you'll learn why carb counting helps you manage your blood sugar, the amount of carb to eat, how to count the carbohydrates in meals, and how to count carbs using food labels, restaurant menus, and your eyes, too. This is THE meal planning system every carb-counting person with diabetes needs to manage their blood glucose.

Book Information

Series: Complete Guide to Carb Counting

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Customer Reviews

Would you like to learn what foods will make your blood sugar rise and how high? How about what your blood sugar levels will be tomorrow and the next day? Wherever you are, whatever meal you eat, the answer is in the amount of carbohydrate you eat. Carb counting unlocks the secrets of blood sugar control and helps you avoid the dangers that can occur when your sugar is too high or too low. The ADA Complete Guide to Carb Counting provides you with all the knowledge and the tools you need to put carb counting into practice. Whether you choose to do basic carb counting or move on to advanced, you'll learn why carb counting helps control blood sugar, the amount of carb to eat, how to count the carb in your meals, and how to count carbs using food labels, restaurant menus, and your eyes, too. It is THE meal planning system that really helps you tighten up your

diabetes control, no matter how you manage your diabetes. The ADA Complete Guide to Carb Counting includes: Everything you need to know about carbs Carb counts for everyday foods Checklists to identify the skills you need to count carbs Stories from people who are using carb counting How to adjust insulin to the food you eat More! --This text refers to an out of print or unavailable edition of this title.

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Just what the diabetic needs to get on track.

Very useful to me in trying to keep my carbs under control.

Great book for healthy eating. Clear, easy and concise guidelines.

If you don't know anything about carbs, this is a good book. I know too much, actually, LOL, but was glad to buy and review this book. If you really want a book that lists hundreds of carb counts, this wouldn't be it. I'm sending mine to my niece who is a chef, and cooks in an Assisted Living complex. She cooks for the elderly, and some have diabetes. So, she will be able to use it better than me. It is a nice book, and I've seen it highly recommended, but again .. I'd say for BEGINNER carb counters/interest.

I was disappointed with this book mainly because it sounded like a book with comprehensive lists of foods & their carb counts. Although it does offer some examples, it was not what I was looking for. Does have some other good info though.

It was very informative about carbohydrates.

very helpful

Got it because it was recommended. Informative and easy to apply in real practice.

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