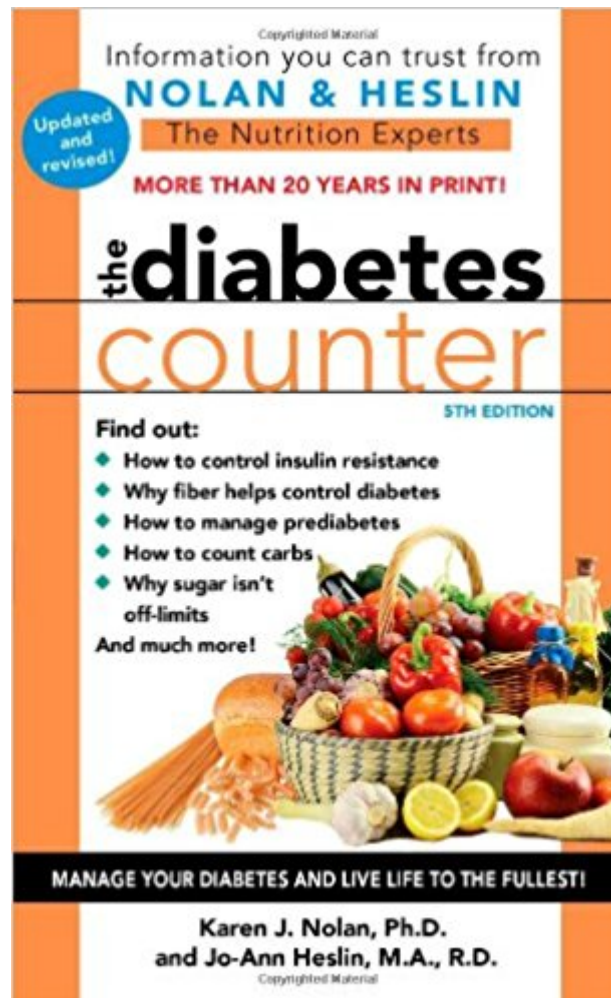


The book was found

The Diabetes Counter, 5th Edition



Synopsis

Living with type 2 diabetes doesn't have to be complicated—let the nutrition experts help you figure out which foods to eat with this fully updated and revised edition of the popular book in the hugely successful food counter series. More than 7.5 million Counter Books in print from the nutrition experts! What can I eat, now that I have diabetes? In short—everything. For more than twenty years, The Diabetes Counter has been helping people with type 2 diabetes and prediabetes control their blood sugar without sacrificing the foods they love. Inside this completely revised, easy-to-use reference, you will find:

- Your ultimate carb-counting companion—plus calorie, sugar, fiber, and fat counts for more than 12,000 foods
- The most up-to-date scientific information on managing prediabetes, preventing insulin resistance, selecting the best sugar substitutes, using the glycemic index, and more—explained in language you can understand
- Simple tips for stress-free meal planning
- Listings for 58 national and regional restaurant chains, plus all your favorite brand name and takeout foods, so you can stay healthy whether you're eating out or cooking at home

Book Information

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Customer Reviews

Karen J. Nolan, PhD, holds advanced degrees in science and human anatomy. She is the coauthor of ten books on nutrition. For more information, visit: TheNutritionExperts.com. Jo-Ann Heslin, MA, RD, is a professionally trained, registered dietitian and also a regular columnist for HealthNewsDigest.com. She is the coauthor of more than thirty books on nutrition. For more

information, visit: TheNutritionExperts.com.

this book lists every calorie, carb, fat, sugar.....everything to help you know the facts of each food

I have started reading it and its going to be very handy for me to watch my eating.

Excellent book! Lots of information, easy to find carb counts for so many things! I already have a copy, bought this for a friend who was just diagnosed Type 2, and I knew this would be a great tool for him. I highly recommend it.

A terrific, and interesting, reference source. So glad I picked this up. I was amazed at carb values of the various foods that we previously had thought were either high or low in carbs. We were so wrong! LOL Thanks for the super reference book. We use it all the time.

Lots of good information

Restruants they include aren't ones on west coast or ones I ever heard of so that portion of book useless for me

Great book. Helps me plan what foods my husband, the diabetic, can have.

Nice book, but does not list protein.

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