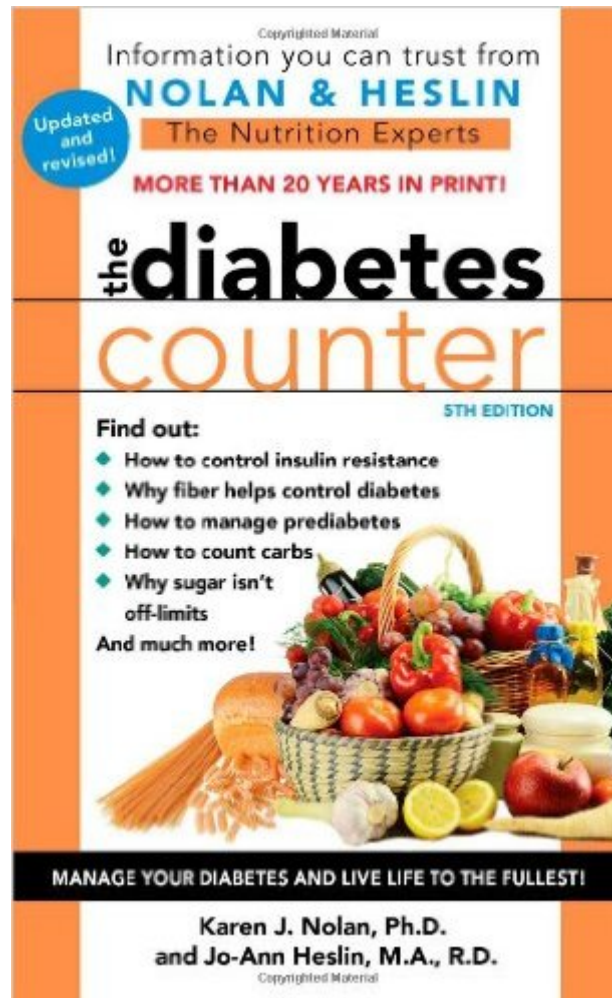


The book was found

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

Mass Market Paperback: 752 pages

Publisher: Pocket Books; 5 Rev Upd edition (December 31, 2013)

Language: English

ISBN-10: 1451621663

ISBN-13: 978-1451621662

Product Dimensions: 4.1 x 1.1 x 6.8 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (28 customer reviews)

Best Sellers Rank: #29,002 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #38 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #135 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

Customer Reviews

If you are battling diabetes you absolutely need this book. For me, it was recommended by a local weight loss clinic - the information is spot on for our day & age. They should teach this in school - maybe we wouldn't have so many diabetics if they did!!!!!!!!!!!!!!

Extremely helpful book for the following reasons: (1) Easy to read and understand. (2) Font is large

enough to read without glasses. (3) List hard to find produce. (4) Healthy tips. This book is worth the money.

Nice addition to carb counter's library.. Well worth the price considering the info. contained. We highly recommend this book as an aid in following low carb. diet.

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

Nice book, but does not list protein.

My husband refers to this everyday now that he knows he has to watch his carb count.It has everything in it including things I never heard of.

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

really good book for new diabetics, best one I've found.

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