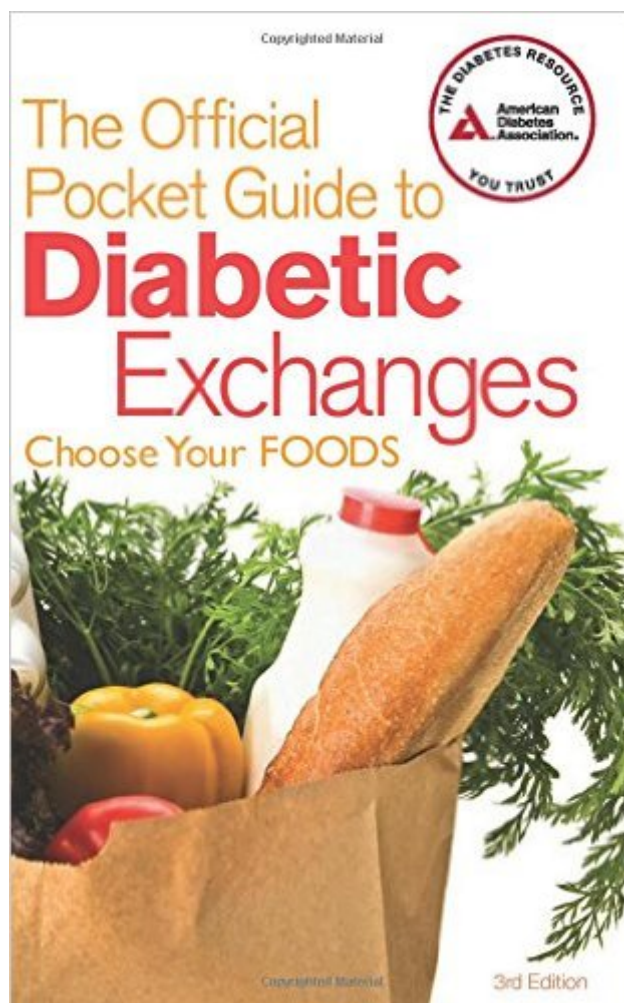


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The Official Pocket Guide To Diabetic Exchanges: Choose Your Foods



Synopsis

Completely updated to match the newest edition of Choose Your Foods: Exchange Lists for Diabetes Meal Planning, this pocket-sized bestseller is now better and more complete than ever. Every day and at every meal, millions of people use the exchange list system to help them plan their meal, choose the healthiest foods, and estimate the right portions. By grouping similar foods into exchangeable portion sizes, people with diabetes can instantly create entire meals, specifically designed to help them control their blood glucose and lose weight. This proven system is the most popular approach to diabetes meal planning and has been used by dietitians, diabetes educators, and millions of people with diabetes for over 40 years. This portable, pocket-sized version of the Choose Your Foods: Exchange Lists for Diabetes Meal Planning takes all of the information from the original and packages it in a format that's perfect for trips to the grocery store or a meal at a restaurant. Updates to this new, third edition, includes new foods—especially combination foods and fast foods, such as burritos, hamburgers, and other popular meals—revised portions, and updated meal planning tips and techniques. Also included is a new section on alcohol, including tips for working it into meal plans and information on consuming it safely and moderately within a diabetes meal plan. This new edition has also been redesigned to make finding particular foods and food groups even easier. Plus, the expanded index makes finding individual foods even easier than before. With more foods, revised portion sizes, and the combined knowledge of the American Diabetes Association and the American Dietetic Association, this handy guide is the ultimate meal planning tool for everyone with diabetes.

Book Information

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Customer Reviews

This is exactly what my dietician wrote up for me to follow yet in a condensed, easy to follow, easy to tote reference. It outlines a basic plan for eating. For me, knowing the amount of calories per serving for each of the food groups really helped. By following these healthful habits, I was able to get back to my pre-pregnancy weight (lost over 30 pounds in 8 weeks) while eating 1500 to 1800 calories without feeling hungry or deprived. Working out 6 weeks prior to following this plan (and prior to meeting with a dietician) without changing my diet brought no weight loss even though my fitness level increased. This pocket guide isn't just for diabetics.

I've purchased a previous edition of this book in paper and just bought the new edition for Kindle. The information is primarily the carb counts of basic foods, like an ounce of most breads is 1 carb exchange, how many cups or ounces of a certain fruit make 1 carb exchange. This is what I use at home on a daily basis in getting portion sizes correct. The paper edition is small enough to fit in a purse or shirt pocket and because it's so small it's more likely to be brought than a big book. We've previously purchased a bigger book that lists nutritional info for popular menu items at specific restaurants and it sits at home. I would rate the paper version 5 stars, but subtracted 1 star on the Kindle edition I just bought due to formatting. Some of the tables are sideways in the book. With a paper book, you just turn it, but on my tablet when I turn it to view the page right side up, it rotates and remains sideways. Annoying, but I would have still bought it because I like this tiny book and can find what I'm looking for quickly.

This is the pocket version of the American Diabetes Association Exchange Diet Plan. Although it is not comprehensive, it does give examples of enough foods in each category to be able to determine the exchanges for other foods which are not listed. Also contains a section on Combination foods and Fast foods.

This is a WONDERFUL tool for someone who is NEW to Managing Diabetes. Have bought and given to Friends and Relatives. What I like best: Small (a soft cover Mini-book) so it fits in your "Pocket" or pocketbook so You can LIVE WITH IT! When I was first diagnosed with type 2 Diabetes "Exchanges" was something I had never heard of. I became acquainted with Exchanges and found that Choose Your Foods contains very useful and USEABLE information because basically

EXCHANGES are just lists of foods broken down into categories, serving sizes and number of calories in the serving. It leads you gently into becoming a Label Reader when grocery shopping or ordering a Side Salad & choosing the right salad dressing instead of Fries at McDonalds. Eating is Social, so you QUICKLY learn how to still enjoy Lunch OR Dinner with friends at any restaurant, but still maintain control of your Diabetes. If you always have it with you.....you can use it. Success in managing Diabetes is directly dependent on You and your Eating Choices so this little book will definitely be an important tool in your arsenal of weapons to Fight Diabetes and Win.

Packed with more information than some larger books. Small enough to carry with you. Very impressive. Would recommend.

I purchased this picket guide right after being diagnosed with Type 2 and it has been the best thing I could have done. Because of its size, I keep it with me all the time and constantly check it when trying to make food decisions. Don't know what I would do without it.

This little booklet is great for those who are going to track diabetic exchanges, and it gives you a good idea of typical/appropriate portion sizes. But unless you're really going to track exchanges (I use a different method), skip it. No frills, but does the one job well.

this is a handy reference to have with you when you are out. however, it is neither comprehensive nor exhaustive.

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