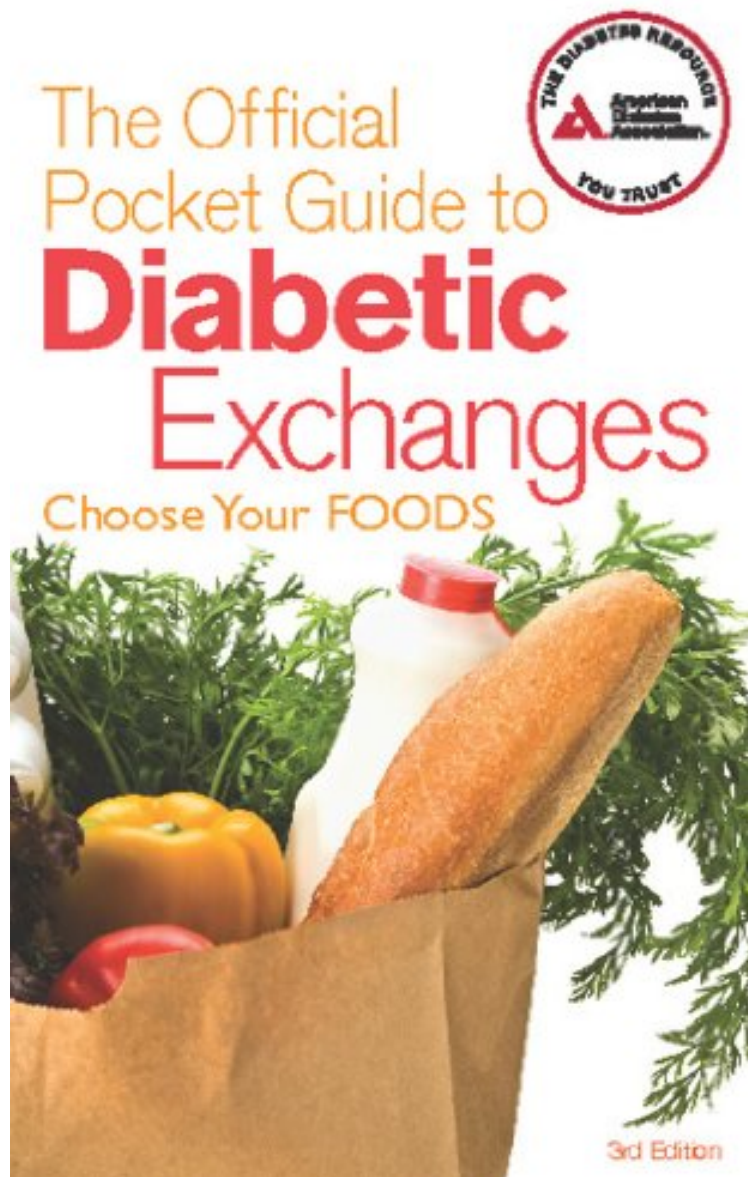


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The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods

American Diabetes Association
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American Diabetes Association : The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods before purchasing it in order to gage whether or not it would be worth my time, and all praised The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods:

70 of 74 people found the following review helpful. How I use the POKET GUIDE for Diabetic ExchangesBy Grandma ChickenThis 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.3 of 3 people found the following review helpful. Diabetic ExchangesBy CustomerVery few people really understand the effects of carbohydrates on their bodies. IMHO, it is the primary reason that America is so fat today. I recommend that anyone who is serious about their health purchase books of this nature. While the news media focuses on the "fat content" of food and poo-poo's hamburgers at McDonalds and foods of this nature, few really focus on the french fries which are the real problem because of the huge number of carbohydrates. This book helps people understand what is truly healthy and what is not. I had no clue about carbohydrates until I was diagnosed as a type 2 diabetic. I ate food with high carbohydrate content thinking I was eating healthily because I avoided "fat". Was I ever wrong! If you think pretzels are better for you than potato chips, check out the carbohydrate content of both. You'll be shocked at how unhealthy pretzels really are.0 of 0 people found the following review helpful. CHECK WITH YOUR REGISTERED DIETICIAN?By Kindle CustomerSeems to be the most frequently used phrase in the book. Well, unless you have one on staff, that's not useful.Meal planning? Mine usually begins when I'm handed a menu or when I wander through the grocery store. On this count the book was much more helpful.Lots of good tips on food selection and I learned a lot of things that were very helpful.Most of these books assume that you 1. Do meal planning. 2. Cook.I want to know what TV dinners and Skillet dinners are best for diabetics.If you are in the .00001% (my wild guess) that has a dietician, plans meals and cooks then this book is for you. If not, it still has some useful info and it doesn't cost much.

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 foodsespecially combination foods and fast foods, such as burritos, hamburgers, and other popular mealsrevised 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.

About the AuthorADA American Diabetes Association: The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information, and advocacy and the leading publisher of comprehensive diabetes information. It is based in Alexandria, VA.