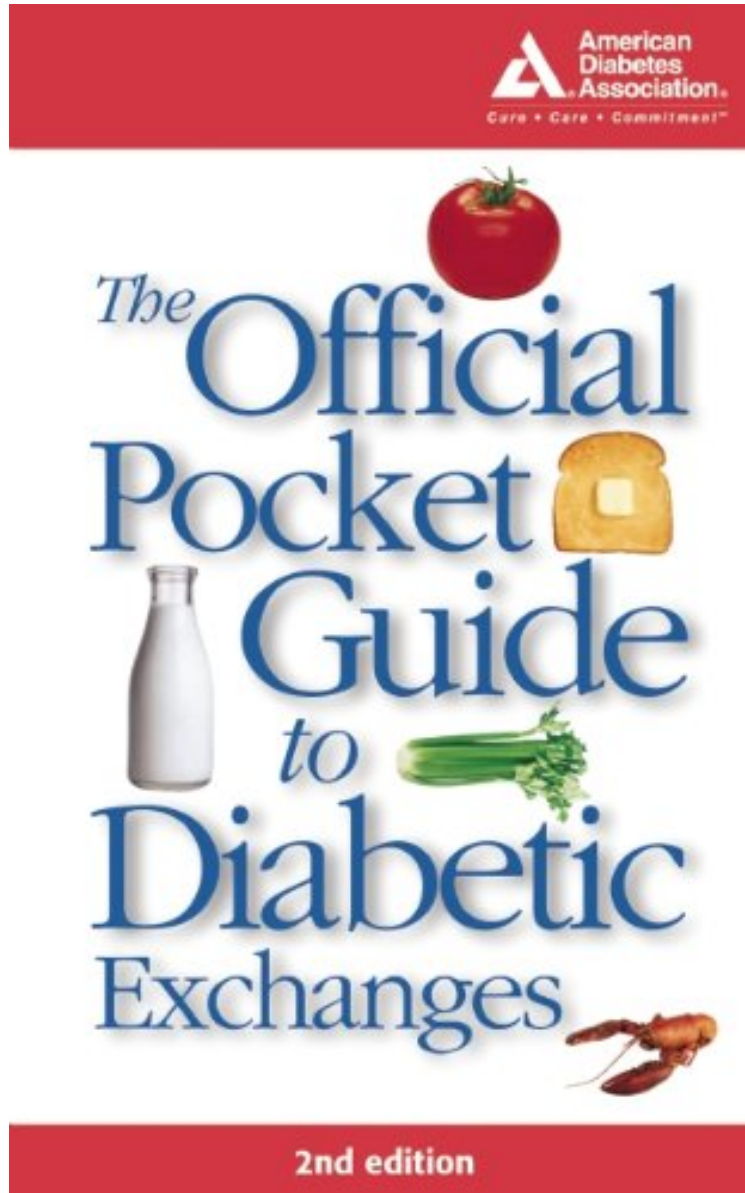


(Download) The Official Pocket Guide to Diabetic Exchanges

The Official Pocket Guide to Diabetic Exchanges

American Diabetes Association
ePub | *DOC | audiobook | ebooks | Download PDF



#885033 in Books 2003-02-24Original language:EnglishPDF # 1 .17 x 3.52 x 6.40l, .10 #File Name:
158040182164 pages | File size: 31.Mb

American Diabetes Association : The Official Pocket Guide to Diabetic Exchanges 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:

70 of 74 people found the following review helpful. How I use the POCKET 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.

A pocket-size version of the bestselling Exchange Lists that's perfect for taking to the grocery store, out to eat, or anywhere. Newly updated with expanded food lists and carbohydrate counts for every food, including fast foods, combination foods, and desserts.

About the AuthorMcGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide