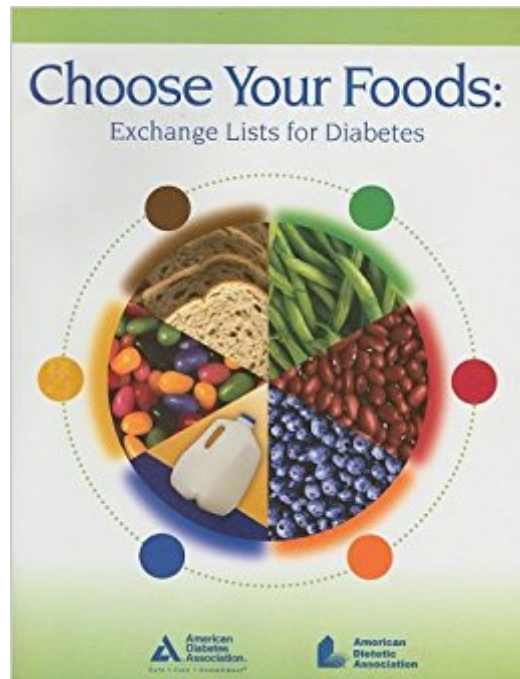




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Choose Your Foods: Exchange Lists For Diabetes



Synopsis

This updated edition includes a wider variety of food and beverages and more culturally diverse choices. Combination and fast foods choices have also been expanded. Includes tips on exercise, eating healthy in restaurants, reading food labels, and includes a glossary of diabetes-related terms.

Book Information

Paperback: 64 pages

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Best Sellers Rank: #247,516 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #479 in [Books > Textbooks > Medicine & Health Sciences > Medicine > General](#) #1858 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

I purchased this for a friend who is newly diagnosed w/Type 2 Diabetes. I was given this same book when I met w/my Diabetes educator. It's a wonderful guide to the food groups for the Diabetic and a great help in meal planning. I would recommend it to anyone who is trying to stick to a Diabetic program.

I used this exchange diet when I was 35 years old and it worked. I bought this updated version of the book and I have lost 10 pounds already without going hungry and without paying a "Weight Loss Wonder Program". Just read this booklet and understand what NOT to eat.

THIS IS A PRETTY GOOD BASIC BOOK FOR DIABETICS. IT'S EASY TO UNDERSTAND & USE. IT'S A GOOD SIZE (ABOUT LIKE A MAGAZINE) TO CARRY WITH YOU. I DO WISH IT HAD MORE "INGREDIENTS" FOR THOSE OF US WHO COOK, THOUGH. I GET FRUSTRATED READING LABELS BECAUSE A DIABETIC'S SERVING SIZE & MANUFACTURERS' VARY. WHAT'S UP WITH THAT? I COMPARED TWO DIFFERENT, NON-FAT PLAIN YOGURTS. YOU

WOULDN'T BELIEVE THE VARIATION. ADD FRUIT. THERE IS QUITE A GAP THERE.I DON'T KNOW WHAT THE ANSWER IS. I THINK MANUFACTURERS NEED TO GET TOGETHER WITH DIETICIANS & GET A BETTER PLAN GOING.

As expected.

I found this to be a very useful guide when trying to figure out how and what you are supposed to eat when you have diabetes, or even just trying to eat healthy. This gives you allot of information, simply put, right at your fingertips!

This has great information on the good and bad food for diabetics. I am recent to this world and needed lots of help, this had made it easier to adjust my eating habits.

A must have for anyone newly diagnosed with type II diabetes. It breaks down everything you need from planning meals, calculating carbs and much more. Simple to understand and to use.

It is a very user friendly guide, it gives guidelines that are easy to clear and easy to follow. I am finishing up my undergrad in Clinical Nutrition and I recommend this handbook to everyone I know who is at risk or has Diabetes.

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