



2nd edition

American Diabetes Association

## The Official Pocket Guide to Diabetic Exchanges



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



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. IMHO, it is the primary cause that America is indeed fat today. good good Three Stars Good reference! This is what I use at home every day in getting food portion sizes appropriate. The paper edition is definitely small enough to squeeze in a purse or clothing pocket and because it's so little it's more likely to become brought than a big publication. We've previously purchased a larger book that lists nutritional info for popular menu items at specific restaurants and it sits at home. It also explains how exactly to use the Nutrition Information listed on most foods and food combos within the supermarkets. A few of the tables are sideways in the reserve. With a paper book, you just transform it, but on my tablet when I turn it to see the page right side up, it rotates and remains sideways. When I was first identified as having type 2 Diabetes "Exchanges" was something I had by no means heard of. I found this book to end up being nothing more than much like a Excess weight Watcher exchanges guide. Definately NOT what I expected. I came across another book that explains dietary do's and don't and lists most foods and how exactly to work them right into a diabetic's food program. I would rate the paper edition 5 stars, but subtracted 1 star on the Kindle edition I just bought due to formatting. Great resource I recommend all my diabetics buy this. Amazing and I possibly could not live devoid of. Diabetic Exchanges Very few people actually understand the effects of carbohydrates on the bodies. I've purchased a previous edition of this book in paper and simply bought the brand new edition for Kindle. I recommend that anyone who is serious about their health purchase books of the nature. While the press focuses on the "fat articles" of food and poo-poos hamburgers at McDonalds and foods of the nature, few really focus on the french fries which will be the real problem due to the huge number of carbohydrates. This reserve helps people know very well what is truely healthful and what is not. I had no clue about carbohydrates until I was diagnosed as a sort 2 diabetic. Purchase it keep it helpful and use it. Was I ever incorrect! If you feel pretzels are much better than potato chips, check out the carbohydrate content material of both. You will be shocked at how harmful pretzels really are. How I use the POCKET GUIDE for Diabetic Exchanges This is an excellent tool for somebody who is NEW to Managing Diabetes. Have bought and given to Friends and Relatives.What I love best: Small (a soft cover Mini-book) so that it ties in your "Pocket" or pocketbook so You can LIVE WITH IT! Annoying, but I'd have still bought it because I like this tiny publication and will find what I'm looking for guickly. I became familiar with Exchanges and found that Choose Your Foods contains very useful and USEABLE details because fundamentally EXCHANGES are simply lists of foods broken down into categories, portion sizes and number of calorie consumption in the serving. It network marketing leads you gently into becoming a Label Reader when food shopping or purchasing a Side Salad & selecting the most appropriate salad dressing rather than Fries at McDonalds. Feeding on is Social, so you QUICKLY learn to still enjoy YOUR MEAL with friends in any restaurant, but nonetheless maintain control of your Diabetes. In the event that you will have it with you. While he originally dismissed the thought of thumbing through a book, he has embraced it and wouldn't be without it...My 2nd copy of the book!you can use it..Achievement in managing Diabetes is directly dependent on You as well as your Eating Choices so this little book will certainly be an important device in your arsenal of weapons to Battle Diabetes and Get. I grab it before heading in to the supermarket... This book is effective after getting use to locating the same meal in different places. Would be more helpful to have it all in one place. But all in allitbis a helpful reserve for a fresh Diabetic. The even more I read, the better educated I am and may manage diabetes better. This book is helpful after getting use to finding the . I am actually surprised it is identified by the American Diabetes Association as a resource to be trusted. I have learned so much about diabetic control with this little guy of a publication. I ate meals with high carbohydrate content material thinking I was

consuming healthily because I prevented "fat". Usually do not buy this 55 webpages. Total ripoff. 25 cent help at a garage sale. Charged 6.21 as well as 3.99 shipping. USUALLY DO NOT BUY THIS! NOT WORTH THE PAPER IT REALLY IS PRINTED ON. A great Book! I purchased this for my brother who was recently identified as having diabetes and is insulin dependent.. Don't get this unless you have super eyesight. I came across this particular booklet to become a waste of money. The information is primarily the carb counts of basic foods, like an ounce of all breads is certainly 1 carb exchange, just how many cups or ounces of a certain fruit make 1 carb exchange. Good information for the newbie It has given me info I didn't know before. He bears it with him and it provides shown to be very helpful and an excellent resource. The print is indeed small I cannot read it! Good Product This is helpful and informative! I really like this little publication and carry it in my car I really like this little publication and make it in my car.



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