

LEA ANN HOLZMEISTER, RD, CDE

# The **DIABETES** Carbohydrate & Fat Gram Guide

4TH EDITION

Quick, Easy Meal Planning Using  
Carbohydrate and Fat Gram Counts



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right.org**



ALSO INCLUDES COUNTS FOR CALORIES,  
CHOLESTEROL, FIBER, PROTEIN, EXCHANGES, AND MORE!

**NOW WITH QUICK-FINDER INDEX!**

*R.D. Lea Ann Holzmeister R.D.*

## The Diabetes Carbohydrate and Fat Gram Guide



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Milk, Yogurt, Soy Drinks; Snacks, Crackers, Chips, Popcorn, Snack Bars; It includes complete nutrition info on everything from vegetables and fruit to fast food and prepackaged/frozen foods. Each entry contains meal and calories, carbohydrate, excess fat, saturated excess fat, cholesterol, sodium, fiber, and protein. Plus each entry contains complete exchange info for diabetes meal planning! Cheese, Cottage Cheese, Cream Cheese; The most comprehensive nutrition resource for people with diabetes. Contains complete nourishment info on calories, carbs, body fat/saturated body fat, cholesterol, sodium, dietary fiber, and protein, along with diabetic exchanges for all entries. Compiled by Lea Ann Holzmeister, RD, CDE, a diabetes nutrition specialist with more than twenty years experience working with kids with diabetes and their families. Frozen Desserts, Ice Cream, Frozen Yogurt, Frozen Pubs, Pudding, Gelatin; Beverages, Soda, Sports/Energy Beverages, Meal Replacement Beverages, Cocoa, Coffee/Creamer, Tea; Loaf of bread, Bagels, Rolls, Tortillas, Biscuits, Pancakes, Waffles, Stuffing, Croutons; Soups, Stew; Nuts, Seeds, Nut/Seed Products; Candy, Sweets; Full nutrition information on 8,000 menu and food items. Fats, Natural oils, Butter, Margarine, Salad Dressing, Sour Cream; Dips, Spreads, Salsa; Vegetables, Vegetable Juices; Ethnic Foods; Fast Foods; Mixture Foods; Frozen Packaged Feet, Meat, Chicken, Fish, Meals, Pizza, Snack foods; Topics include: Alcoholic beverages, Beer, Spirits, Wines; Fruit, Fruit Drinks, Juices; Grains, Pasta, Rice; Legumes (Beans); Meats, Poultry, Fish (Fresh, Cooked); Meat, Poultry, Fish (Processed/Prepared); The essential information on nutrition information you need to live with your diabetes! Cake, Pie, Cookies, Brownies; Sauces, Gravies, Condiments, Relishes; The fourth edition of this all-time favorite bestseller is back a new edition--fully updated and with nearly 8,000 menu and foods! Breakfast Cereal, Ready-to-Eat Cereal, Hot Cereal; Sweet Breads, Muffins, Pastries, Donuts; Eggs, Egg Dishes, Egg Products; Vegetarian Foods



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