



# The COMPLETE GUIDE to CARB COUNTING

3rd Edition



How to take the mystery  
out of carb counting  
and improve your  
blood glucose control



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## Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control



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The completely revised Complete Information to Carb Counting, 3rd edition, simply by the American Diabetes Association, provides you with the knowledge and the tools to place carbohydrate counting into practice. This is THE meal planning program every carb-counting person with diabetes needs to manage their blood glucose. Rewritten and reorganized to introduce and explain carb counting ideas as you will need them in your diabetes treatment plan, you'll find out why carb counting helps you manage your blood sugar, the amount of carb to consume, how exactly to count the carbohydrates in foods, and how to count carbs using meals labels, restaurant menus, and your eyes, too.



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Complete Guide As if coping with diabetes isn't confusing enough, wait till you browse this book. I wanted an everyday carb counter book when I stumbled on this one. The title said "Complete Guideline to Carb Counting" - great just what I needed. The only set of carbs is within the last 2 webpages illustrated in cut and paste examples from other resources and sooo little you need a magnifier to see them. Crystal clear, easy and concise guidelines.. Still refer to it years later. I was looking for more of a listing of foods . Precisely what the diabetic must get on track. It includes a listing, but not a large enough one. Five Stars Very useful to me in trying to preserve my carbs under control. Five Stars Plenty of information needed Five Stars A lot of carb info, thanks Great help Book has lots of good info on getting started on the trip to taking in for diabetes. Finally A Carbohydrate Book That Make Scense. Great book for healthful eating. Don't waste you money or time with this one. Counting carbs at its best. I was looking for more of a listing of foods with the quantity of carbs in them. Book Good book NO MORE UNANSWERED QUESTIONS My diabetic counselor told end up being to count carbs to stabilize my glucose levels, but gave me no instructions. a good investment Very informational Four Stars It has helped me so much. Recommend! Ok Ok Perfect for Beginners Everything you want to know! This publication answered all my queries and more..



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