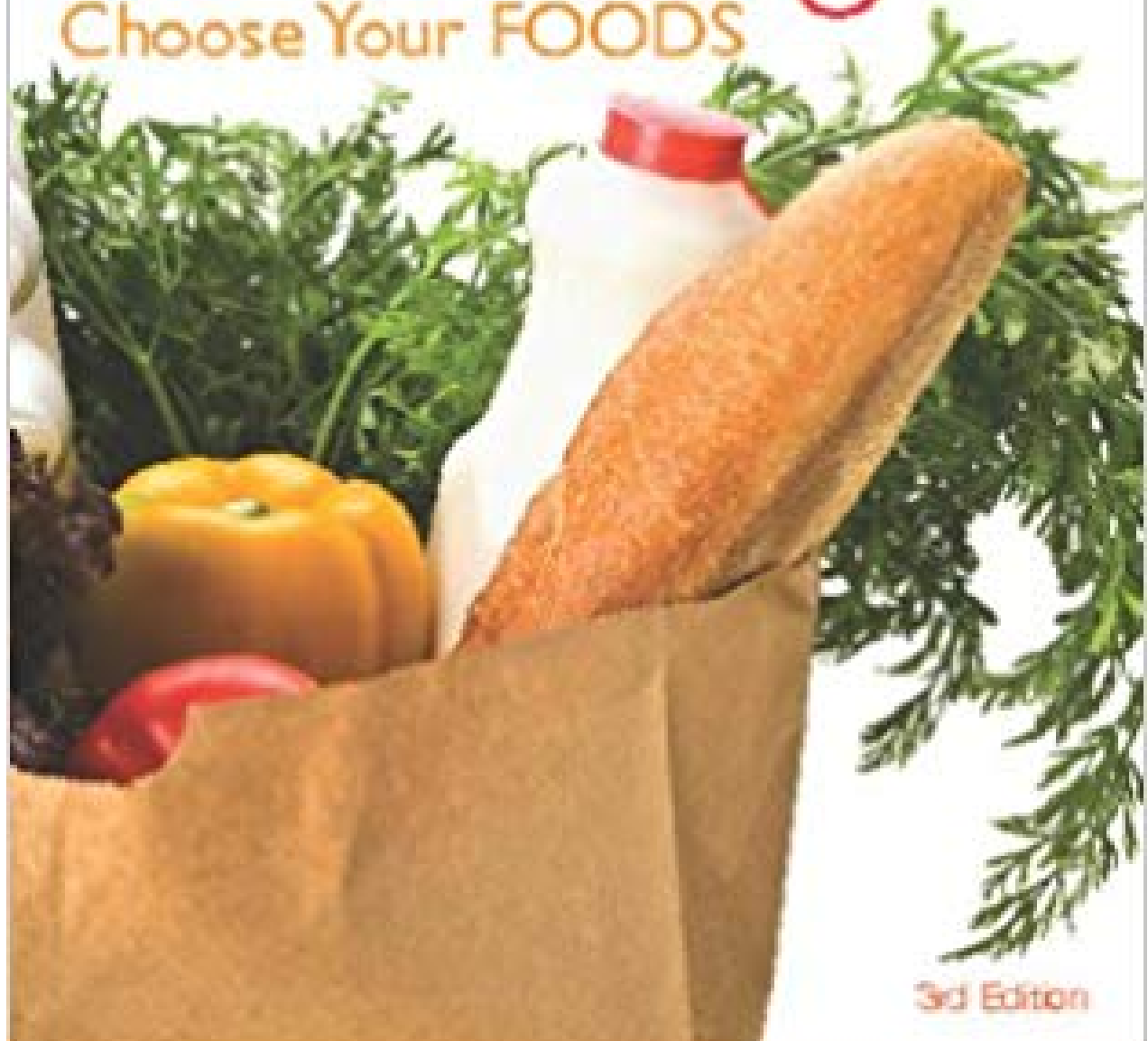




The Official Pocket Guide to **Diabetic** Exchanges

Choose Your FOODS



3rd Edition

American Diabetes Association

The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods



[continue reading](#)

This portable, pocket-sized version of the Choose Your Foods: Exchange Lists for Diabetes Meal Planning takes every one of the information from the original and packages it in a format that's perfect for trips to the grocery store or meals at a restaurant. Each day and at every meal, millions of people utilize the exchange list system to help them plan their meal, pick the healthiest foods, and estimate the proper portions. With an increase of foods, revised portion sizes, and the combined knowledge of the American Diabetes Association and the American Dietetic Association, this handy guide may be the ultimate meal preparation tool for everybody with diabetes. This proved system is the most popular approach to diabetes food planning and has been used by dietitians, diabetes educators, and millions of people with diabetes for over 40 years. Totally updated to match the most recent edition of Choose Your Foods: Exchange Lists for Diabetes Meal Planning, this pocket-sized bestseller is now better and more complete than ever before. Updates to this new, third edition, includes fresh foods—especially combination foods and junk food, such as burritos, hamburgers, and other popular meals— Plus, the extended index makes finding individual foods even much easier than before. Also included is certainly a new section on alcohol, including tips for functioning it into meal plans and details on consuming it safely and moderately within a diabetes food plan. This new edition in addition has been redesigned to make finding particular foodstuffs and food groups even easier. revised portions, and up to date meal planning tips and techniques. By grouping equivalent foods into exchangeable food portion sizes, people with diabetes can instantly create entire meals, specifically designed to help them control their blood sugar and lose weight.



[continue reading](#)

Would be more beneficial to possess it all in one place. In addition, it explains how to utilize the Nutrition Specifics listed on most foods and food combinations found in the supermarkets. The information is primarily the carb counts of basic foods, as an ounce of most breads is normally 1 carb exchange, how many cups or ounces of a certain fruit make 1 carb exchange. This is what I use at home on a daily basis in getting portion sizes right. The paper edition is normally small enough to fit in a purse or t-shirt pocket and because it's so small it's much more likely to be brought when compared to a big publication. We've previously purchased a larger book that lists dietary info for well-known menu items at specific restaurants and it sits at home. I'd rate the paper version 5 celebrities, but subtracted 1 superstar on the Kindle edition I simply bought because of formatting. A few of the tables are sideways in the publication. With a paper book, you just turn it, but on my tablet when I turn it to view the page right aspect up, it rotates and continues to be sideways. Annoying, but I would have still bought it because I love this tiny book and may find what I'm looking for quickly. I really like this little publication and carry it in my car I really like this little book and carry it in my car. I came across this book to be nothing more than similar to a Weight Watcher exchanges information. I am really surprised it is identified by the American Diabetes Association as a supply to be trusted. I've purchased a prior edition of this reserve in paper and simply bought the new edition for Kindle. Total ripoff. I came across another publication that explains dietary do's and don't and lists most foods and how to work them into a diabetic's food program. Diabetic Exchanges Very few people really understand the consequences of carbohydrates on their bodies. While the press focuses on the "fat content material" of food and poo-poops hamburgers at McDonalds and foods of this nature, few really concentrate on the french fries which are the real problem due to the large numbers of carbohydrates. I would recommend that anyone who is serious about their health purchase books of the nature. IMHO, it is the primary cause that America is so fat today. This book helps people know very well what is truly healthy and what is not. I acquired no clue about carbohydrates until I was diagnosed as a type 2 diabetic. I ate food with high-carb content thinking I was consuming healthily because I prevented "fat". Was I ever wrong! If you believe pretzels are much better than potato chips, browse 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 a person who is NEW to Managing Diabetes. Have obtained and given to Friends and Relatives. What I like best: Small (a soft cover Mini-book) so that it ties 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 under no circumstances heard of. It leads you carefully into becoming a Label Reader when grocery shopping or purchasing a Side Salad & I became familiar with Exchanges and found that Choose Your Foods contains very useful and USEABLE info because essentially EXCHANGES are just lists of foods broken down into categories, serving sizes and number of calorie consumption in the serving. deciding on the best salad dressing rather than Fries at McDonalds. Usually do not buy this 55 pages. If you always have it with you. A great Reserve! 25 cent direct at a garage sale...you can use it. Success in managing Diabetes is directly reliant on You as well as your Eating Choices which means this little book will certainly be an important device in your arsenal of weapons to Battle Diabetes and Win. DO NOT BUY THIS!. Amazing and I could not live devoid of. The print is so small I cannot read it! My 2nd duplicate of this publication! But all in all it is a useful book for a fresh Diabetic. NOT what I expected. While he originally dismissed the thought of thumbing through a publication, he has embraced it and wouldn't become without it.. I've learned so much about diabetic control with this little guy of a publication. Buy it keep it handy and use it. Eating is Social, so you QUICKLY discover ways to still enjoy YOUR MEAL with friends in any restaurant, but still maintain control of your Diabetes. I came across this particular booklet to be a waste of money.. I purchased this for my buddy who was recently diagnosed with diabetes and is insulin dependent. 21 plus 3.99 shipping. This book is helpful after getting use to finding the . NOT WORTH THE PAPER IT REALLY IS PRINTED ON.. Charged 6. I grab it before heading in to the supermarket. He carries it with him and it has proven to be very useful and an excellent resource. Great resource I recommend all my diabetics buy this. good good Three Stars Good reference! Good information for the newbie It has given me details I didn't find out before. Don't get this unless you have super vision. This book is effective after getting use to finding the same food item in different places. Good Product This is helpful and informative! The more I read, the better informed I am and may manage diabetes better.



[continue reading](#)

download The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods epub

download free The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods mobi

[download free The American Diabetes Association Month of Meals Diabetes Meal Planner epub](#)

[download The Diabetes Carbohydrate and Fat Gram Guide pdf](#)

[download Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control pdf](#)