

# THE DIABETES CARBOHYDRATE & FAT GRAM GUIDE

5TH EDITION

Quick, Easy Meal Planning Using  
Carbohydrate and Fat Gram Counts



American  
Diabetes  
Association

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## The Diabetes Carbohydrate & Fat Gram Guide: Quick, Easy Meal Planning Using Carbohydrate and Fat Gram Counts



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The fifth edition of the all-time bestseller is back in a new edition&#151;fully updated and with nearly 8,000 menu and foods!Each entry contains meal and calories, carbohydrate, excess fat, saturated unwanted fat, cholesterol, sodium, fiber, and protein.Total nutrition information on 8,000 menu and food items. It offers complete nutrition details on everything from vegetables and fruit to fast food and prepackaged/frozen meals. Plus each access contains complete exchange details for diabetes meal planning! Avoid inaccurate and crowd-sourced databases or incomplete nutrition information with the most complete nutrient counter obtainable, straight from the foundation people trust.The most comprehensive nutrition resource for people with diabetes.Contains complete nourishment information on calories, carbs, fat/saturated fat, cholesterol, sodium, fibers, and protein, as well as diabetic exchanges for all entries.



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This book has a lot of information in it and will be helpful to a diabetic. A Book packed filled with information but with issues. However all the details is definitely sideways in the reserve detailed in charts. Any hope there? The ethnic section requirements expanding or publish another reserve for ethnic foods. I haven't appeared through the hole reserve yet but this was what I noticed right away by glancing through it. It did have a section for Indian food beneath the ethnic section. I didn't discover anything about the various other Asian country's such as for example Korea, Japan, Vietnam, Thailand, Cambodia and the countries. I've added an image from the book below. It comes with an index in the rear of the book to assist you find the meals you are searching for. The ethnic section only detailed Chinese and Filipino foods. It's s publication full of a whole lot of information unless you mind reading it sideways. Very good resource but difficult to find things quickly. Like this publication but I was surprised to locate a large amount of things missing that I could find in the older version.. Want for it showing net carbs also. Diabetes Carbohydrate Book Nice layout in a chart form with necessary data. It is normally what I have to track carbohydrates. Good but could possibly be great with tweaks. This is good that it has all the key nutrients - carbs, sugars, fats, sat fats, etc. Nevertheless, I wish the layout was different. It is hard reading the reserve sideways. Also the headings do not bring to the right web page. Also, I desire the web page headings would state what your location is. Five Stars Good book, almost an excessive amount of info. One reviewer describes the book as a "lightweight guidebook" but it's really not absolutely all that "portable. Five Stars Very useful Five Stars Great addition to our library collection. Five Stars Good guide ! Huge Didn't even read through all of it but you will get this info on-line s save your shelf space.. Paperback format is good, but. Also you can find so many pages for fast foods than what I want. However, I have failed to find only an extremely small number of items." It's content material is impressive, will be more available if it were obtainable in eBook format. It would have already been better for the publisher to publish a larger book with the charts listed across the page rather than sideways.



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