



# The Diabetes Counter, 5th Edition

By Jo-Ann Heslin M. A. R. D. Cdn

Pocket Books. Paperback. Book Condition: New. Mass Market Paperback. 752 pages. Dimensions: 6.7in. x 4.1in. x 1.1in.MORE THAN 7. 5 MILLION COUNTER BOOKS IN PRINT FROM THE NUTRITION EXPERTS What can I eat, now that I have diabetes In shorteverything. For more than twenty years, The Diabetes Counter has been helping people with type 2 diabetes and prediabetes control their blood sugar without sacrificing the foods they love. Inside this completely revised, easy-to-use reference, you will find: Your ultimate carb-counting companionplus calorie, sugar, fiber, and fat counts for more than 12, 000 foods The most up-to-date scientific information on managing prediabetes, preventing insulin resistance, selecting the best sugar substitutes, using the glycemic index, and moreexplained in language you can understand Simple tips for stress-free meal planning Listings for 58 national and regional restaurant chains, plus all your favorite brand name and takeout foods, so you can stay healthy whether youre eating out or cooking at home This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Mass Market Paperback.



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