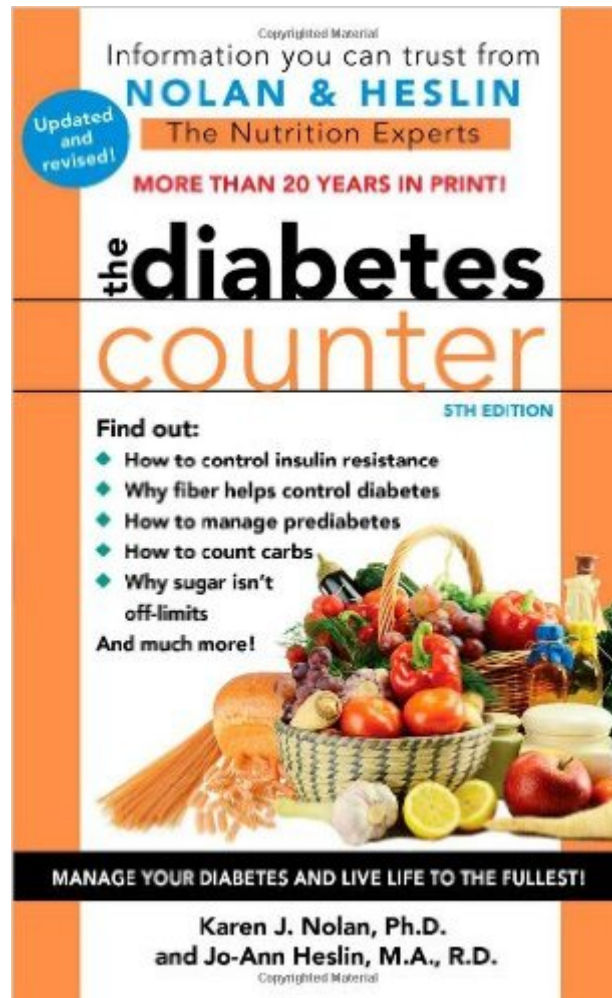


The book was found

# The Diabetes Counter, 5th Edition



## Synopsis

Living with type 2 diabetes doesn't have to be complicated. Let the nutrition experts help you figure out which foods to eat with this fully updated and revised edition of the popular book in the hugely successful food counter series. More than 7.5 million Counter Books in print from the nutrition experts! What can I eat, now that I have diabetes? In short, everything. 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 companion plus 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 more explained 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 you're eating out or cooking at home

## Book Information

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Average Customer Review: 4.2 out of 5 stars See all reviews (28 customer reviews)

Best Sellers Rank: #29,002 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #38 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #135 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

## Customer Reviews

If you are battling diabetes you absolutely need this book. For me, it was recommended by a local weight loss clinic - the information is spot on for our day & age. They should teach this in school - maybe we wouldn't have so many diabetics if they did!!!!!!!!!!!!!!

Extremely helpful book for the following reasons: (1) Easy to read and understand. (2) Font is large

enough to read without glasses. (3) List hard to find produce. (4) Healthy tips. This book is worth the money.

Nice addition to carb counter's library.. Well worth the price considering the info. contained. We highly recommend this book as an aid in following low carb. diet.

I have started reading it and its going to be very handy for me to watch my eating.

Nice book, but does not list protein.

My husband refers to this everyday now that he knows he has to watch his carb count.It has everything in it including things I never heard of.

Restruants they include aren't ones on west coast or ones I ever heard of so that portion of book useless for me

really good book for new diabetics, best one I've found.

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(Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Diabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic)

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