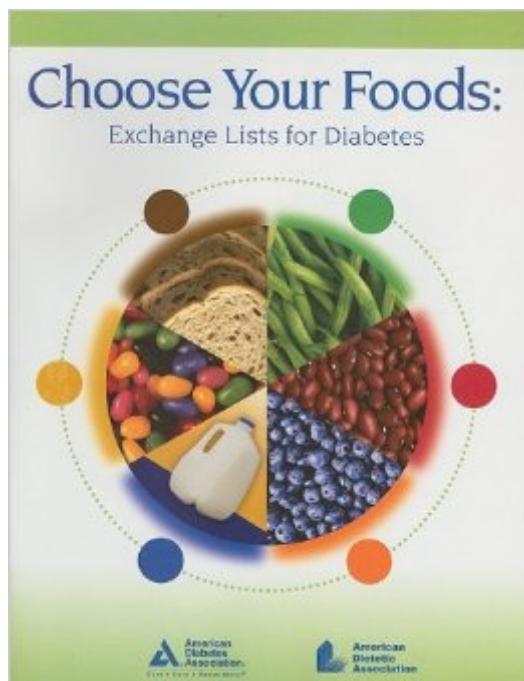


The book was found

Choose Your Foods: Exchange Lists For Diabetes



Synopsis

This updated edition includes a wider variety of food and beverages and more culturally diverse choices. Combination and fast foods choices have also been expanded. Includes tips on exercise, eating healthy in restaurants, reading food labels, and includes a glossary of diabetes-related terms.

Book Information

Paperback: 64 pages

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Product Dimensions: 10.6 x 8 x 0.2 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.3 out of 5 starsÂ [See all reviewsÂ \(50 customer reviews\)](#)

Best Sellers Rank: #468,043 in Books (See Top 100 in Books) #49 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #834 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > General #3047 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I purchased this for a friend who is newly diagnosed w/Type 2 Diabetes. I was given this same book when I met w/my Diabetes educator. It's a wonderful guide to the food groups for the Diabetic and a great help in meal planning. I would recommend it to anyone who is trying to stick to a Diabetic program.

I used this exchange diet when I was 35 years old and it worked. I bought this updated version of the book and I have lost 10 pounds already without going hungry and without paying a "Weight Loss Wonder Program". Just read this booklet and understand what NOT to eat.

I find that exchange lists are a better help to diet control for diabetics than carb counts. The new exchange list specify food amounts per exchange, which is a definite improvement. Carb counting is confusing no matter what is said to make them easier.

Well worth the price. Has all the Information about exchanges needed to follow the plan.

I bought this book for a nutrition class. It takes some practice before you can look things up quickly, but it's not hard. I usually sell my books back after the semester, but I'll keep this one...and I'll use it.

I found this to be a very useful guide when trying to figure out how and what you are supposed to eat when you have diabetes, or even just trying to eat healthy. This gives you allot of information, simply put, right at your fingertips!

This has great information on the good and bad food for diabetics. I am recent to this world and needed lots of help, this had made it easier to adjust my eating habits.

My brother was newly diagnosed with diabetes and needed information on what he could eat and portions and information on the disease. This was a great resource and covered so much he needed to know in a simple way that he didn't throw his hands up in despair. He's since lost 56 pounds! and his diabetes is under control at this point. Very happy with this book and the info contained!

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