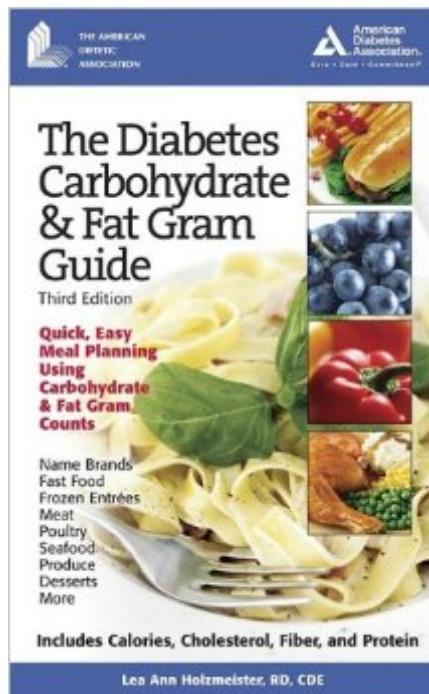


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# The Diabetes Carbohydrate & Fat Gram Guide



## **Synopsis**

From the experts at the American Diabetes Association The ultimate reference for anyone looking to shop with confidence while managing diabetes with ease, this comprehensive book lists foods, serving sizes, and nutrition information for generic, packaged, and fast foods. Completely updated for the third edition, this handy guide includes ten nutritional facts each for over 7,000 foods.

## **Book Information**

Paperback: 500 pages

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Average Customer Review: 4.4 out of 5 starsÂ  Â See all reviewsÂ  (45 customer reviews)

Best Sellers Rank: #718,281 in Books (See Top 100 in Books) #67 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #423 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #532 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

## **Customer Reviews**

This book is endorsed by The American Diabetes Assn. & The American Dietetic Assn. It should also be endorsed by The American Heart Assn. Not only does it help give the reader information needed for a diabetic, it also gives information needed for a person with heart disease. My husband has diabetes, high cholesterol, quadruple bypass, heart disease, stroke, 100% occluded carotid artery on one side and 60-70% occluded on the other side, just to mention a FEW of his problems. This Guide not only addresses the diabetes & carbohydrate issue, but also addresses the cholesterol issue. I use it in conjunction with several Diabetes/Cholesterol Cookbooks. For every item, 11 columns of information as follows are listed: Serving Size, Calories, grams of Carbs, grams of Fat, % Calories of Fat, grams of Saturated Fat, mg. of Cholesterol, mg. of Sodium, grams of fiber, grams of Protein, and # of Servings/Exchanges. The foods are grouped according to category. There are 28 categories. The categories are presented in a logical, systematic way, making this book an easy reference guide for a clueless novice like me. I highly recommend this book not only for diabetics but for people with heart disease, for people on Weight Watchers diet and especially

for the rest of us making up the majority of America who are overweight. According to John Hopkins Bloomberg School of Public Health's Center for Human Nutrition, by the year 2015 ---- that's only 7 YEARS FROM NOW ---- 75% of American adults will be overweight, 41% will be obese and nearly 24% of U.S. children or adolescents will be overweight or obese. In 2004, 32% of Americans were obese. Forty years ago, in 1964, only 13% of Americans were obese.

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