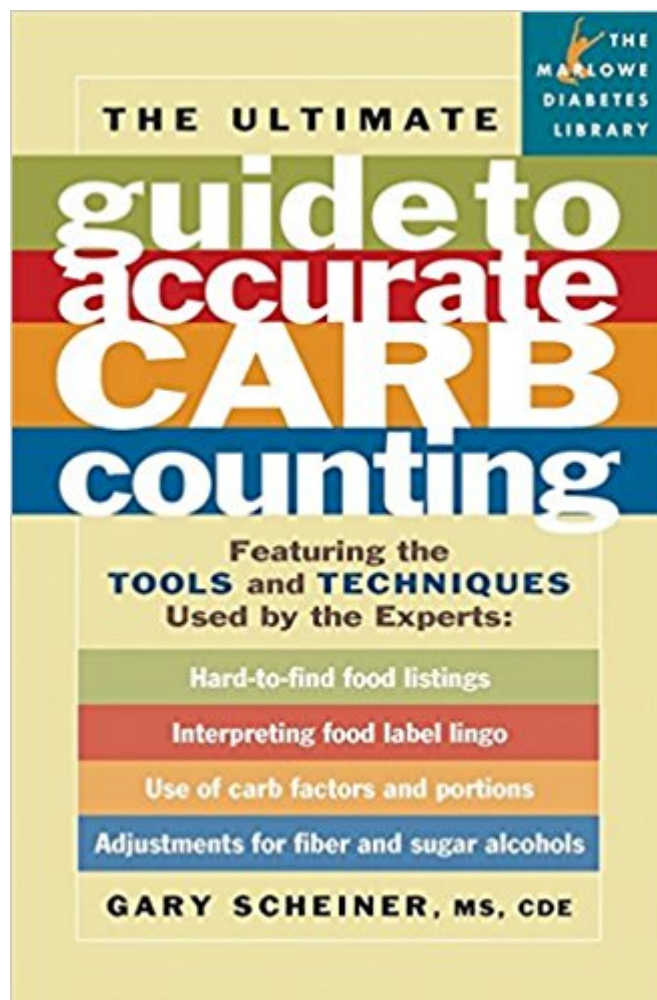




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The Ultimate Guide To Accurate Carb Counting: Featuring The Tools And Techniques Used By The Experts (Marlowe Diabetes Library)



Synopsis

Whether you're following a diet plan that requires carb-counting, you have diabetes, or simply because you are conscious of the quantity of carbs you consume, *The Ultimate Guide to Accurate Carb Counting* is the all-in-one resource for practically and effectively managing your carb intake. Certified diabetes educator, type 1 diabetic, and *Think Like a Pancreas* author Gary Scheiner focuses on carb counting in a real-world context, and his explanations and advice—in addition to being complete and thoroughly accurate—are geared towards the most common foods and eating habits. *The Ultimate Guide to Accurate Carb Counting* tells you everything you need to accurately keep track of your carb intake, including: The basic rationale for and the theory behind carb-counting, as well as explanations of simple to advanced techniques How to read and understand food labels, and how to estimate the nutritional values of unlabelled foods Resources for carb counting at major restaurant chains An explanation of the glycemic index and its influence on carb-counting Adjusting for fiber and sugar substitutes A comprehensive listing of exchanges, carb factors, and glycemic index values, as well as the carb and fiber values for 2,500 foods

Book Information

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Customer Reviews

Gary Scheiner, MS, CDE, is a certified diabetes educator and exercise physiologist. He is the author of *Think Like a Pancreas* and has written dozens of articles on diabetes, fitness, and motivation. He serves on the board of directors of the Juvenile Diabetes Research Foundation, coordinates a

chapter of the Diabetes Exercise & Sports Association, and volunteers for the American Diabetes Association. Drawing upon both his professional skills and personal experience, he teaches art and science of blood glucose balancing to people throughout the world from his private practice, Integrated Diabetes Services, in Wynnwood, Pennsylvania.

excellent book for diabetics and anyone who wants to understand the impact of carbs and glucose and all the food we eat.

Love it!

I have been a Type 2 Diabetic for several years and just recently had to start using mealtime Insulin and was wanting to count carbs more often for better blood sugar control. This is a very good, easy book to get information from. Very understandable information that is not confusing at all. I would recommend this for a starter book to all that want to control carbs.

Very, very help for anyone struggling with diabetes--to learn how various carbohydrates effect blood glucose and how to more accurately count carbs.

this book is my go to guide for being educated on counting and keeping track of my carb intake. The author really educates you on a level that you can understand and quizzes you along the way to help you retain what you have read.

Am finding this book to be a reliable resource. I have it on the Kindle Fire and use it when meal planning and shopping

Really helps keep my t1d grandson's blood sugars normal.

This book is the most useful diabetic friendly guide I've found. The text is reader-friendly and the charts in the back are fantastic; especially the glysemic index chart.

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