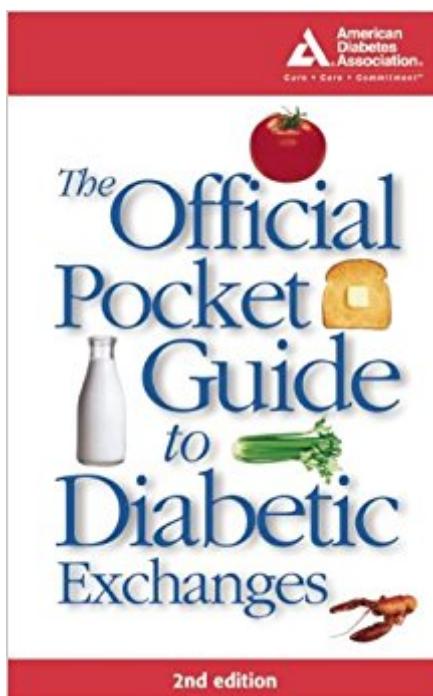


The book was found

# The Official Pocket Guide To Diabetic Exchanges



## **Synopsis**

A pocket-size version of the bestselling Exchange Lists that's perfect for taking to the grocery store, out to eat, or anywhere. Newly updated with expanded food lists and carbohydrate counts for every food, including fast foods, combination foods, and desserts.

## **Book Information**

Paperback: 64 pages

Publisher: American Diabetes Association; 2 edition (February 24, 2003)

Language: English

ISBN-10: 1580401821

ISBN-13: 978-1580401821

Product Dimensions: 6.4 x 3.5 x 0.2 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 4.0 out of 5 stars 423 customer reviews

Best Sellers Rank: #1,007,227 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #113 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy #381 in Books > Medical Books > Allied Health Professions > Diet Therapy

## **Customer Reviews**

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

This is a WONDERFUL tool for someone who is NEW to Managing Diabetes. Have bought and given to Friends and Relatives.What I like best: Small (a soft cover Mini-book) so it fits in your "Pocket" or pocketbook so You can LIVE WITH IT!When I was first diagnosed with type 2 Diabetes "Exchanges" was something I had never heard of.I became acquainted with Exchanges and found that Choose Your Foods contains very useful and USEABLE information because basically EXCHANGES are just lists of foods broken down into categories, serving sizes and number of calories in the serving. It leads you gently into becoming a Label Reader when grocery shopping or ordering a Side Salad & choosing the right salad dressing instead of Fries at McDonalds.Eating is Social, so you QUICKLY learn how to still enjoy Lunch OR Dinner with friends at any restaurant, but still maintain control of your Diabetes.If you always have it with you.....you can use it.Success in managing Diabetes is directly dependent on You and your Eating Choices so this little book will

definitely be an important tool in your arsenal of weapons to Fight Diabetes and Win.

Very few people really understand the effects of carbohydrates on their bodies. IMHO, it is the primary reason that America is so fat today. I recommend that anyone who is serious about their health purchase books of this nature. While the news media focuses on the "fat content" of food and poo-poos hamburgers at McDonalds and foods of this nature, few really focus on the french fries which are the real problem because of the huge number of carbohydrates. This book helps people understand what is truly healthy and what is not. I had no clue about carbohydrates until I was diagnosed as a type 2 diabetic. I ate food with high carbohydrate content thinking I was eating healthily because I avoided "fat". Was I ever wrong! If you think pretzels are better for you than potato chips, check out the carbohydrate content of both. You'll be shocked at how unhealthy pretzels really are.

I found this book to be nothing more than similar to a Weight Watcher exchanges guide. I found another book that explains dietary do's and don't and lists most foods and how to work them into a diabetic's food program. It also explains how to use the Nutrition Facts listed on most foods and food combinations found in the supermarkets. I found this particular booklet to be a waste of money. I am really surprised it is recognized by the American Diabetes Association as a source to be trusted.

Seems to be the most frequently used phrase in the book. Well, unless you have one on staff, that's not useful. Meal planning? Mine usually begins when I'm handed a menu or when I wander through the grocery store. On this count the book was much more helpful. Lots of good tips on food selection and I learned a lot of things that were very helpful. Most of these books assume that you 1. Do meal planning. 2. Cook. I want to know what TV dinners and Skillet dinners are best for diabetics. If you are in the .00001% (my wild guess) that has a dietitian, plans meals and cooks then this book is for you. If not, it still has some useful info and it doesn't cost much.

Extremely handy, helps any diabetic to compose sensible meals "in a hurry" focussing on servings and the "right" combinations of foods. I have used it myself (I have diabetes, type I), and the list helped me reduce blood glucose variations during a 14 day test-period by 67%. It gave me a better control of my "stress hormones", making me feel better (calmer) even though my long term blood glucose (HbA1c) seldom exceeds 7%..

Very good nutritional advice for people with Diabetes - informs you of the sugar levels of all the major foods. Diabetes doesn't have to run your life, just follow simple rules and it is controllable (I'm talking about Type 2 diabetes - with tablets, NOT insulin). Keep away from junk food - there's plenty of good things to eat and easy to prepare or buy off the shelf. Diabetes does NOT have to run your life. Just make a few simple changes and enjoy your life to the full. Remember - everything in moderation!!!!

I haven't used the book yet. I did glance through the informationÃ¢Â¢ and found that it was too much information to read glance over. It takes sitting down and planning out your meals so be prepared for homework.

I love this little book and carry it in my car. I grab it before heading into the supermarket. Amazing and I could not live with out. I have learned so much about diabetic control with this little guy of a book. Buy it keep it handy and use it.

[Download to continue reading...](#)

The Official Pocket Guide to Diabetic Exchanges Diabetic Recipes [Second Edition]: Diabetic Meal Plans for a Healthy Diabetic Diet and Lifestyle for All Ages Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss Transformation Book 8) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss Transformation Book 7) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss Transformation Book 5) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Diabetic Slow Cooker (Diabetic Living) Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes (1) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Levin and O'Neal's The Diabetic Foot, 6e (Diabetic Foot (Levin & O'Neal's)) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals ... Weight Loss Transformation) (Volume 5) Diabetic Cookbook For One: Over 280

Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation) Diabetic Cookbook For One: Over 310 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation 6) Diabetic Slow Cooker Recipes: Over 190+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... and Chilis, Slow Cooker Recipes (Volume 1) Diabetic Cookbook: 25 Healthy and Delicious Diabetic Recipes Diabetic Cookbook: Mega bundle â „ 3 manuscripts in 1 â „ A total of 200+ Unique Diabetic-Friendly Breakfast, Lunch and Dinner Stove top, Oven, Slow Cooker And Pressure Cooker Recipes Diabetic Smoothie Recipes: Top 365 Chocolate Smoothie Recipes for Diabetic Diabetic Smoothies: 35 Delicious Smoothie Recipes to Lower Blood Sugar and Reverse Diabetes (Diabetic Living) The Official Pocket Guide to Diabetic Food Choices Security Architecture Design Process for Health Information Exchanges (HIEs)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)