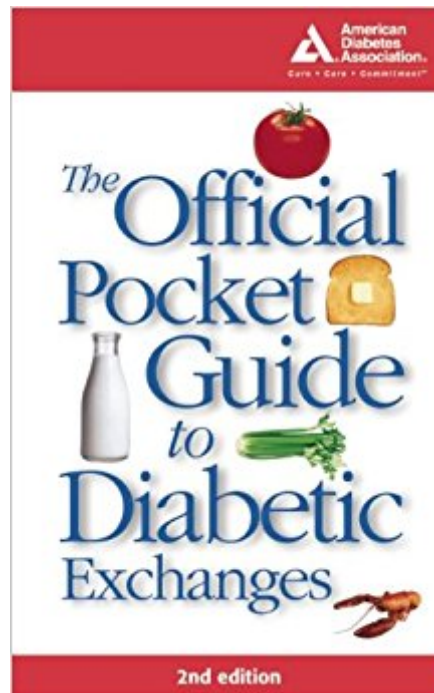




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The Official Pocket Guide To Diabetic Exchanges



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

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Customer Reviews

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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-poops 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 dietician, 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 information 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 without. I have learned so much about diabetic control with this little guy of a book. Buy it keep it handy and use it.

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