

ADA Complete Guide To Carb Counting



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Synopsis

Basic and advanced carb counting to manage blood sugar. How to count carb in meals, how to count carbs using food labels and restaurant menus. Contains a whole week of meal plans and recordkeeping forms.

Book Information

Series: Complete Guide to Carb Counting

Paperback: 251 pages

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Shipping Weight: 8.5 ounces

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (36 customer reviews)

Best Sellers Rank: #247,438 in Books (See Top 100 in Books) #27 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #176 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #230 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

Customer Reviews

In fulfillment of their mission to improve the lives and health of people affected by diabetes, the American Diabetes Association has come out with a new instruction manual about counting carbohydrates to assist in the planning of meals and management of glucose levels for men and women who have to deal with diabetes in their daily lives. Now in an updated and expanded second edition, Complete Guide To Carb Counting by diabetes treatment experts Hope Warshaw and Karmeen Kulkarni covers the basics of carb counting, as well as protein, fat, and alcohol counts, how to figure and manage restaurant meals, blood glucose pattern management, common questions and answers, and much more. A no-nonsense, plain-terms guide, that walks the reader through simple formulas that anyone can follow and adapt.

I was very disappointed that this 251 page book had only 16 pages of specific foods and their carbs and calories. It should have been promoted as a guide to diabetes management as that's what the text focuses on far more than carb counting.

I was newly diagnosed type 1 in June 2005. This is by far the best of all the books I have read. It gives excellent information and guidelines on how to eat healthy and keep tight control of your blood sugar using the carb counting method. Very informative and very helpful at a time when I felt so confused trying to deal with my diabetes.

I found this book very helpful finding the foods I eat regularly and how many carbs each food has. Thank you

This book was OK for basic information, but not up to date on current requirements suggested by the ADA. It's publication date is not that old, so I felt it was way off base.

I still am in the process of reading this book because it is full of so much information that is important so it is taking me a while to read. I would recommend this to anyone who is conscious of their health.

This book gives a complete guide on how many carbs are in the food we eat everyday. You never have to guess on how many carbs a certain food has in it. All diabetics should have this book....Fast shipping..

ADA Complete Guide to Carb Counting is an excellent refresher on Carb Counting for the Diabetic. I have been insulin dependent for decades but when blood sugar started going up I was back to counting carbs for my doctor. I needed a refresher course. This was perfect and a good reference to have on hand.

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