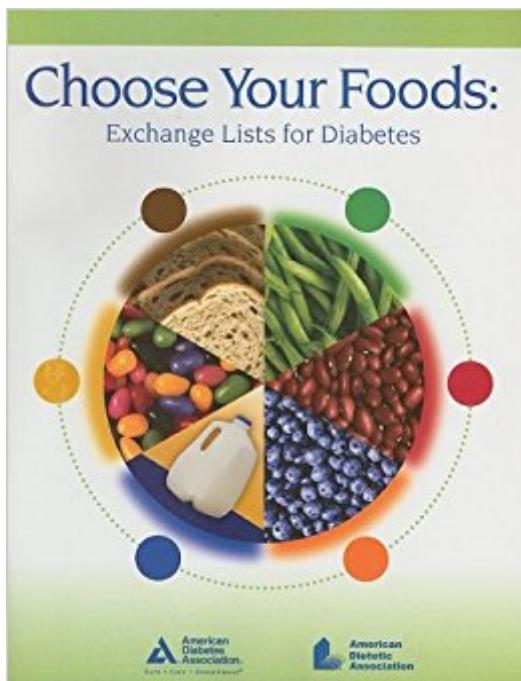


The book was found

# Choose Your Foods: Exchange Lists For Diabetes



## **Synopsis**

This updated edition includes a wider variety of food and beverages and more culturally diverse choices. Combination and fast foods choices have also been expanded. Includes tips on exercise, eating healthy in restaurants, reading food labels, and includes a glossary of diabetes-related terms.

## **Book Information**

Paperback: 64 pages

Publisher: American Dietetic Association; 1 edition (December 1, 2007)

Language: English

ISBN-10: 0880913770

ISBN-13: 978-0880913775

Product Dimensions: 10.6 x 8 x 0.2 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.3 out of 5 stars 52 customer reviews

Best Sellers Rank: #247,516 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #479 in Books > Textbooks > Medicine & Health Sciences > Medicine > General #1858 in Books > Health, Fitness & Dieting > Nutrition

## **Customer Reviews**

I purchased this for a friend who is newly diagnosed w/Type 2 Diabetes. I was given this same book when I met w/my Diabetes educator. It's a wonderful guide to the food groups for the Diabetic and a great help in meal planning. I would recommend it to anyone who is trying to stick to a Diabetic program.

I used this exchange diet when I was 35 years old and it worked. I bought this updated version of the book and I have lost 10 pounds already without going hungry and without paying a "Weight Loss Wonder Program". Just read this booklet and understand what NOT to eat.

THIS IS A PRETTY GOOD BASIC BOOK FOR DIABETICS. IT'S EASY TO UNDERSTAND & USE. IT'S A GOOD SIZE (ABOUT LIKE A MAGAZINE) TO CARRY WITH YOU. I DO WISH IT HAD MORE "INGREDIENTS" FOR THOSE OF US WHO COOK, THOUGH. I GET FRUSTRATED READING LABELS BECAUSE A DIABETIC'S SERVING SIZE & MANUFACTURERS' VARY. WHAT'S UP WITH THAT? I COMPARED TWO DIFFERENT, NON-FAT PLAIN YOGURTS. YOU

WOULDN'T BELIEVE THE VARIATION. ADD FRUIT. THERE IS QUITE A GAP THERE.I DON'T KNOW WHAT THE ANSWER IS. I THINK MANUFACTURERS NEED TO GET TOGETHER WITH DIETICIANS & GET A BETTER PLAN GOING.

As expected.

I found this to be a very useful guide when trying to figure out how and what you are supposed to eat when you have diabetes, or even just trying to eat healthy. This gives you allot of information, simply put, right at your fingertips!

This has great information on the good and bad food for diabetics. I am recent to this world and needed lots of help, this had made it easier to adjust my eating habits.

A must have for anyone newly diagnosed with type II diabetes. It breaks down everything you need from planning meals, calculating carbs and much more. Simple to understand and to use.

It is a very user friendly guide, it gives guidelines that are easy to clear and easy to follow. I am finishing up my undergrad in Clinical Nutrition and I recommend this handbook to everyone I know who is at risk or has Diabetes.

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

Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Choose Your Foods: Exchange Lists for Diabetes Diabetes: Step by Step Diabetes Diet to Reverse

Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) 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) DIABETES: The Best Foods for Diabetes - 100 Easy, Delicious and Mouthwatering Superfoods to Reverse Diabetes and Lower Blood Sugar - The Smart Blood Sugar ... cookbook,diabetic food,diabetes mellitus) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)