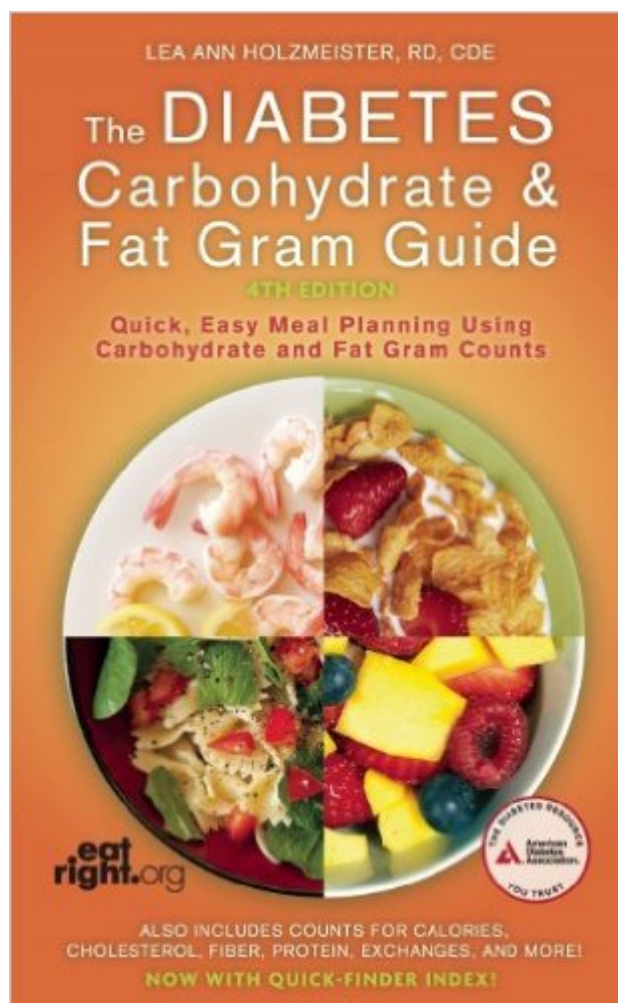


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# The Diabetes Carbohydrate And Fat Gram Guide



## Synopsis

The essential information on nutrition information you need to live with your diabetes! The fourth edition of this all-time favorite bestseller is back in a new edition--fully updated and with nearly 8,000 menu and food items! It includes complete nutrition information on everything from fruits and vegetables to fast food and prepackaged/frozen meals. Each entry contains serving size and calories, carbohydrate, fat, saturated fat, cholesterol, sodium, fiber, and protein. Plus each entry contains complete exchange information for diabetes meal planning! Complete nutrition information on 8,000 menu and food items. The most comprehensive nutrition resource for people with diabetes. Contains complete nutrition info on calories, carbs, fat/saturated fat, cholesterol, sodium, fiber, and protein, as well as diabetic exchanges for all entries. Written by Lea Ann Holzmeister, RD, CDE, a diabetes nutrition specialist with more than 20 years experience working with children with diabetes and their families. Topics include: Alcohol, Beer, Spirits, Wine; Beverages, Soda, Sports/Energy Drinks, Meal Replacement Drinks, Cocoa, Coffee/Creamer, Tea; Bread, Bagels, Rolls, Tortillas, Biscuits, Pancakes, Waffles, Stuffing, Croutons; Breakfast Cereal, Ready-to-Eat Cereal, Hot Cereal; Cake, Pie, Cookies, Brownies; Candy, Sweets; Cheese, Cottage Cheese, Cream Cheese; Combination Foods; Dips, Spreads, Salsa; Eggs, Egg Dishes, Egg Products; Ethnic Foods; Fast Foods; Fats, Oils, Butter, Margarine, Salad Dressing, Sour Cream; Frozen Packaged Food, Meat, Chicken, Fish, Meals, Pizza, Snacks; Frozen Desserts, Ice Cream, Frozen Yogurt, Frozen Bars, Pudding, Gelatin; Fruit, Fruit Drinks, Juices; Grains, Pasta, Rice; Legumes (Beans); Meat, Poultry, Fish (Fresh, Cooked); Meat, Poultry, Fish (Processed/Prepared); Milk, Yogurt, Soy Drinks; Nuts, Seeds, Nut/Seed Products; Sauces, Gravies, Condiments, Relishes; Snacks, Crackers, Chips, Popcorn, Snack Bars; Soups, Stew; Sweet Breads, Muffins, Pastries, Donuts; Vegetables, Vegetable Juices; Vegetarian Foods

## Book Information

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## Customer Reviews

This bulky, 726-page paperback is written for people who eat almost entirely prepackaged, name brand foods, not for people who cook or prepare anything fresh or from scratch. It contains the nutritional content of thousands of packaged or fast food restaurant items, ironically information that is nearly always readily available on the package or in the restaurant and totally unnecessary in a separate publication. The nine-page index is very skimpy and idiosyncratically organized, i.e., no rationale for what is included or left out, and only a very small number of the items covered in the book are listed. Items are not presented in a straightforward alphabetical manner, and there is no clear organizing scheme for the entries; so, the lack of a thorough index is problematic and annoying. Attempting to find anything is very time-consuming and frustrating. A brief, simple list of the nutritional characteristics of basic food ingredients that one could easily carry in a purse or pocket would have been far more helpful (and at a fraction of the cost) to people who need this sort of dietary information.

There is plenty of information in this book and good luck reading it. The print is very small and light. I need to use a magnify glass to see. My eyesight is great, I only use 100 readers on occasion. I would not recommend this book for that reason. I gave two stars simply for the content.

It is a book of charts and little else. I had read a review that stated it gave information on the Diabetic exchange and carb counting, but it just says see your dietician. I really was interested in a formula for "how" many carbs, and how the diabetic exchange works, not just charts.

I bought this 4th Edition for my daughter as well as for my best friend. I already own the 3rd Edition. It's very helpful for anyone interested in nutritional values, whether they are diabetic or not. My daughter is simply very careful of calories and nutrition. She has kept herself at a size 4 for 2 years now using my book which I keep on my coffee table. Now, she finally has her own copy, except hers is updated! My best friend was recently advised by her doctor that she is now borderline diabetic and must act quickly to avoid full diabetes. I bought her the book as a gift.

This Guide is a Must-Have aid for all diabetics. This guide will help maintain healthy balances of Carbohydrates, Fats, Proteins, Cholesterol, Sodium, Alcohol, Fiber as well as daily Caloric intake. Each entry also gives servings and exchanges for those who prefer to use that method. The paperback also provides nutritional data for restaurants across the United States. It's a handy guide for those nights the family wants take-out, wants to go out or when traveling. I was happy to learn my favorite Chinese take-out place has the perfect 5.3 ounce Shrimp dish whose count is one serving of carbs and one serving of med-fat meat for 140 calories. The other tempting Shrimp dish came in at 260 calories for 3.5 ounces and was to be counted at two carbs and three servings of fat! I know which is the better nutritional choice. Add a nice green salad and I have the perfect meal.

I disagree with the first reviewer. I do find this guide extremely helpful in meal planning, for food exchanges, etc. Just browsing through the Fast Food and Convenience Food sections provides me with the motivation I need to stay away from these and cook meals from scratch at home! It is a bit too bulky to carry around in your purse (would you take a dictionary with you everywhere?) but excellent for home use in meal planning, and to help in making decisions when and if you do eat out. I might buy one to keep at work too! :)

I had this book recommended to me by my primary doctor because I was so close to being pre diabetic. I thought the book would be an information type book on food you can eat and maybe recipes. All it is a list of carbs and fat grams guide. I can get a free app on my phone to show me this.

I have been insulin dependent for 40 years, this is so informative to managing my problem I can't begin to explain the benefits. Thanks for the time invested to put a "HUGE" database together. All the info I have been looking for in one place. Thanks again for extending my life, wish I had this 40 years ago. But since I am only looking forward I can't change the past so no need to look that way again.

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