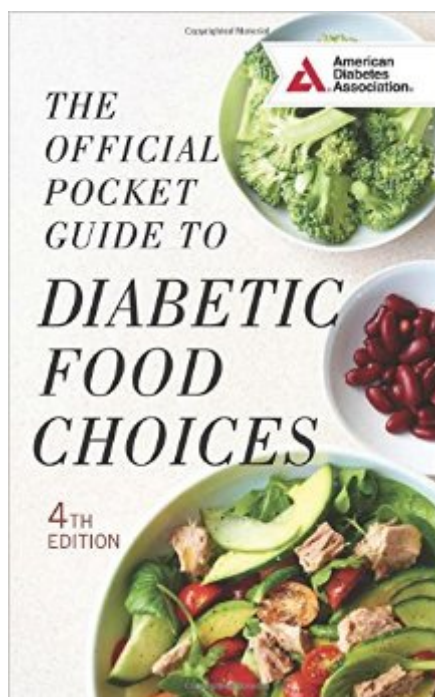


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# The Official Pocket Guide To Diabetic Food Choices



## Synopsis

Completely updated to match the newest edition of Choose Your Foods: Food Lists for Diabetes Meal Planning, this pocket-sized guide is now better and more complete than ever. Every day and at every meal, millions of people use the food list system to plan meals, make healthier choices, and better estimate portions. This proven system is the most popular approach to diabetes meal planning and has been used by dietitians, diabetes educators, and millions of people with diabetes for more than 70 years. This portable version of the Food Lists takes all of the information from the original and repackages it in a format that's perfect for trips to the grocery store or meals on the go. Updates include new foods, revised portions, and updated meal planning tips and techniques. With more foods, revised portion sizes, and the combined knowledge of the American Diabetes Association and the Academy of Nutrition and Dietetics, this handy guide is the ultimate meal planning tool for everyone with diabetes.

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #6,435 in Books (See Top 100 in Books) #12 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #17 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#) #36 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#)

## Customer Reviews

I don't care for the Revised Edition of the Diabetic Food Choices Guide. The earlier edition was more clear. The new format is confusing. Fast food is generic. No Brand names used which would have been helpful. I don't recommend.

It must be better than I think. I haven't yet had time to sit down and read all the way through it. It leaves me confused as to what I can eat, how much, and what I shouldn't. Instead of providing info

on the number of cups or what ever, it provides the number of servings of items. I don't really know what a "serving" is. Maybe a thorough read will make it more clear. It's a fairly small little booklet and it seems to be priced high for it's utility. I'll read more and keep at it...I've read more -- This booklet is a waste of time and money. It's 84 pages in a form similar to a 3x5 card in size. It doesn't explain enough to be usable and often refers to having your RDN (Registered Dietary Nutritionist) advise you on what to eat. The food tables are in servings but you don't know how many servings until you consult your RDN. Possibly it's is written as an ad for RDNs. Skip this booklet and by something usable.

i just found out I was a diabetic, an I was unsure about what was what about the food , so I bought this book an it was a big help

thank you receive the second book today. The other books went with my friend to his home. This pocket size book will help me at the Food Market, and how to prepare meals when he comes to visit me. Thank you so much.

Great tools for those wanting/needing to prepare meals for diabetics/prediabetics. Reasonable, tasty, most are easy. Important additions to your diabetic cooking library!

The book isn't bad it is very informative. Was looking for something that I could take with me that wasn't big. Just can't believe it cost as much as it did. Surprised that it wasn't free from themADA.

Bought it for a relative who is diabetic and having a hard time making food choices. Fits into her purse.

Loved it

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The Official Pocket Guide to Diabetic Food Choices Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) Diabetes Diet: Eating Guide for Diabetics & Delicious Recipes for Diabetes Diet (Diabetes Food, Diabetic Cookbook, Control Blood Sugar, Diabetes Cure,

Diabetic Living) Diabetes: The Best Diabetic Cookbook - Over 30 Healthy and Delicious Recipes That Will Help You Start Controlling Your Diabetes (Diabetes Food, diabetes diet plan, diabetic diet books) The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods Diabetic Cookbook (A Beginner's Guide):: Quick, Easy-to-Cook Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol Cookbook: To Help Prevent and Reverse Diabetic Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 293) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 261) 100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,) Pokemon HeartGold & SoulSilver: The Official Pokemon Johto Guide & Johto Pokedex: Official Strategy Guide (Prima Official Game Guides: Pok  mon) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Tarascon Pocket Pharmacopoeia 2010 Deluxe Lab-Coat Edition (Tarascon Pocket Pharmacopoeia: Deluxe Lab-Coat Pocket) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) The Ethics of What We Eat: Why Our Food Choices Matter The Way We Eat: Why Our Food Choices Matter