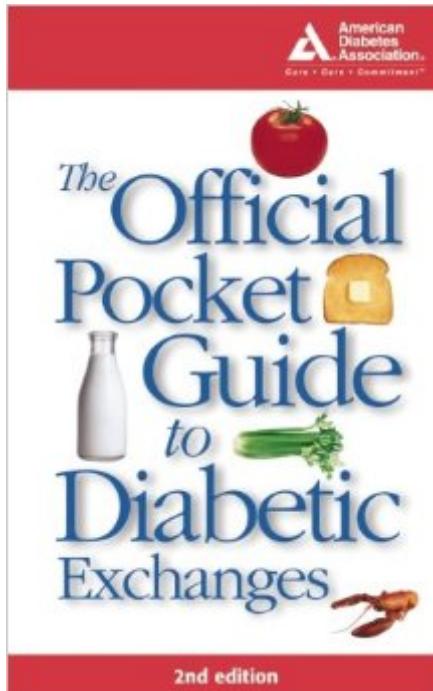


The book was found

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

Paperback: 64 pages

Publisher: American Diabetes Association; 2 edition (February 24, 2003)

Language: English

ISBN-10: 1580401821

ISBN-13: 978-1580401821

Product Dimensions: 6.4 x 3.5 x 0.2 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 4.0 out of 5 starsÂ See all reviewsÂ (412 customer reviews)

Best Sellers Rank: #641,004 in Books (See Top 100 in Books) #56 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #67 inÂ Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy #265 inÂ Books > Medical Books > Allied Health Professions > Diet Therapy

Customer Reviews

This is exactly what my dietitian wrote up for me to follow yet in a condensed, easy to follow, easy to tote reference. It outlines a basic plan for eating. For me, knowing the amount of calories per serving for each of the food groups really helped. By following these healthful habits, I was able to get back to my pre-pregnancy weight (lost over 30 pounds in 8 weeks) while eating 1500 to 1800 calories without feeling hungry or deprived. Working out 6 weeks prior to following this plan (and prior to meeting with a dietitian) without changing my diet brought no weight loss even though my fitness level increased. This pocket guide isn't just for diabetics.

I've purchased a previous edition of this book in paper and just bought the new edition for Kindle. The information is primarily the carb counts of basic foods, like an ounce of most breads is 1 carb exchange, how many cups or ounces of a certain fruit make 1 carb exchange. This is what I use at home on a daily basis in getting portion sizes correct. The paper edition is small enough to fit in a purse or shirt pocket and because it's so small it's more likely to be brought than a big book. We've previously purchased a bigger book that lists nutritional info for popular menu items at specific

restaurants and it sits at home. I would rate the paper version 5 stars, but subtracted 1 star on the Kindle edition I just bought due to formatting. Some of the tables are sideways in the book. With a paper book, you just turn it, but on my tablet when I turn it to view the page right side up, it rotates and remains sideways. Annoying, but I would have still bought it because I like this tiny book and can find what I'm looking for quickly.

This is the pocket version of the American Diabetes Association Exchange Diet Plan. Although it is not comprehensive, it does give examples of enough foods in each category to be able to determine the exchanges for other foods which are not listed. Also contains a section on Combination foods and Fast foods.

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.

Packed with more information than some larger books. Small enough to carry with you. Very impressive. Would recommend.

I purchased this pocket guide right after being diagnosed with Type 2 and it has been the best thing I could have done. Because of its size, I keep it with me all the time and constantly check it when trying to make food decisions. Don't know what I would do without it.

This little booklet is great for those who are going to track diabetic exchanges, and it gives you a good idea of typical/appropriate portion sizes. But unless you're really going to track exchanges (I

use a different method), skip it. No frills, but does the one job well.

this is a handy reference to have with you when you are out. however, it is neither comprehensive nor exhaustive.

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

The Official Pocket Guide to Diabetic Exchanges Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) Diabetic Slow Cooker (Diabetic Living) Diabetic Slow Cooker: Top 25 Delicious, Healthy Recipes That Fit Perfectly Into A Diabetic Diet Levin and O'Neal's The Diabetic Foot, 6e (Diabetic Foot (Levin & O'Neal's)) Minecraft Pocket Maps: 50 Amazing Seeds That Actually Works for Pocket Edition (Unofficial Minecraft PE guide) (Minecraft Pocket Edition Handbook Book 3) 2016 Daily Diabetic Calendar: Keep track of your high and low blood sugar levels each day. Take results to doctor. BONUS: Doctor Appointment Reminder Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) Diabetic Cookbook for Two: 125 Perfectly Portioned, Heart-Healthy, Low-Carb Recipes Diabetic Living Diabetes Meals by the Plate: 90 Low-Carb Meals to Mix & Match Diabetic Cookbook For One: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) The Diabetic Foot Clinical Care of the Diabetic Foot Surgical Reconstruction of the Diabetic Foot and Ankle Podiatric Assessment and Management of the Diabetic Foot, 1e Living with a Diabetic Dog: How to Keep Your Dog Healthy, Prevent Common Problems and Avoid Complications The Official Guide for GMAT Review 2015 Bundle (Official Guide + Verbal Guide + Quantitative Guide) QuickBooks 2012 The Official Guide (QuickBooks: The Official Guide) Mr. Boston: Official Bartender's and Party Guide (Mr. Boston: Official Bartender's & Party Guide)

[Dmca](#)