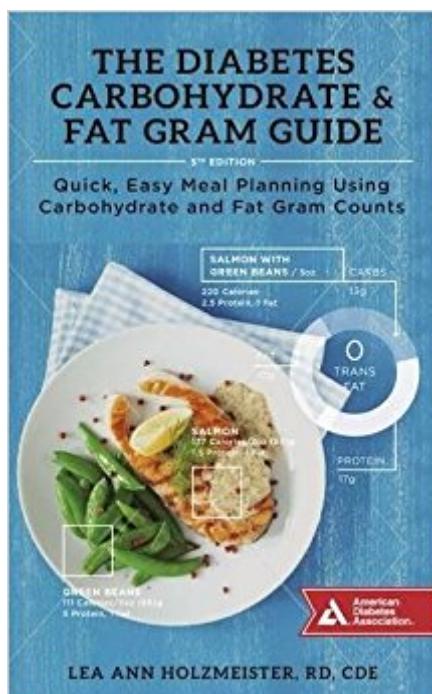


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# The Diabetes Carbohydrate & Fat Gram Guide: Quick, Easy Meal Planning Using Carbohydrate And Fat Gram Counts



## Synopsis

The fifth edition of this all-time 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. Avoid inaccurate and crowd-sourced databases or incomplete nutrition information with the most complete nutrient counter available, straight from the source people trust. 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.

## Book Information

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## Customer Reviews

Lea Ann Holzmeister, RD, CDE, is a recognized expert on healthy eating and author of the best-selling Diabetes Carbohydrate and Fat Gram Guide, now in its 4th edition. As a registered dietitian with over 20 years of experience, she works with individuals and families who want to improve their diet and live a healthy lifestyle. She is currently the owner of Holzmeister Nutrition Communications, LLC, in Tempe, Arizona and is the author of several nutrition books.

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