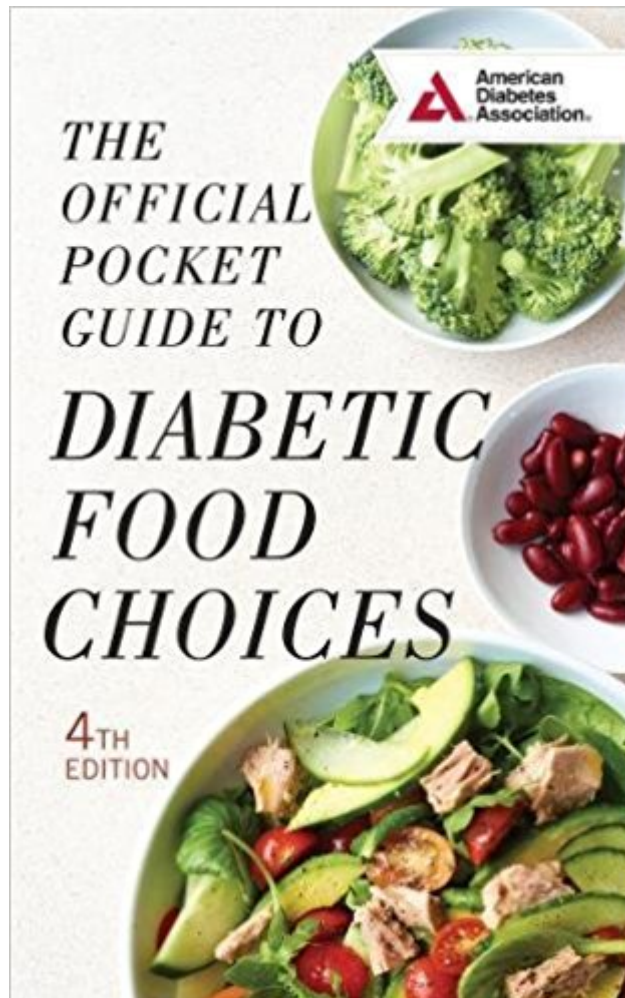




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The Official Pocket Guide To Diabetic Food Choices



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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Customer Reviews

The American Diabetes Association, the largest diabetes-focused, not-for-profit organization in the world, is leading the fight to Stop Diabetes and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Very handy. Compact. Easy to search food choices and compare nutritional options.

Excellent reference,at a glance help.

Good Information. I little hard to flip back and forth between pages. Small, thin, portable.

Perfect!

Useful

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

Great book

it was ok

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