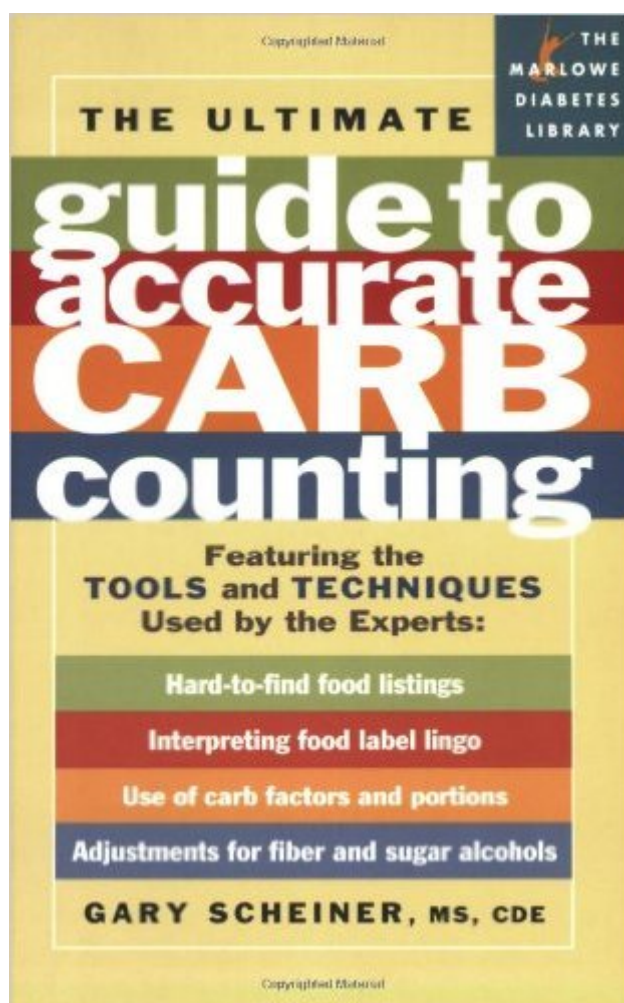


The book was found

The Ultimate Guide To Accurate Carb Counting: Featuring The Tools And Techniques Used By The Experts (Marlowe Diabetes Library)



Synopsis

Whether you're following a diet plan that requires carb-counting, you have diabetes, or simply because you are conscious of the quantity of carbs you consume, *The Ultimate Guide to Accurate Carb Counting* is the all-in-one resource for practically and effectively managing your carb intake. Certified diabetes educator, type 1 diabetic, and *Think Like a Pancreas* author Gary Scheiner focuses on carb counting in a real-world context, and his explanations and advice—in addition to being complete and thoroughly accurate—are geared towards the most common foods and eating habits. *The Ultimate Guide to Accurate Carb Counting* tells you everything you need to accurately keep track of your carb intake, including: The basic rationale for and the theory behind carb-counting, as well as explanations of simple to advanced techniques How to read and understand food labels, and how to estimate the nutritional values of unlabelled foods Resources for carb counting at major restaurant chains An explanation of the glycemic index and its influence on carb-counting Adjusting for fiber and sugar substitutes A comprehensive listing of exchanges, carb factors, and glycemic index values, as well as the carb and fiber values for 2,500 foods

Book Information

Series: Marlowe Diabetes Library

Paperback: 256 pages

Publisher: Da Capo Press; 1 edition (December 11, 2006)

Language: English

ISBN-10: 1569242747

ISBN-13: 978-1569242742

Product Dimensions: 0.8 x 5 x 7.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (63 customer reviews)

Best Sellers Rank: #96,281 in Books (See Top 100 in Books) #104 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #464 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases #928 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

This book is much more than just a list of carb counts. First, it teaches what carbs are, including the often confusing sugar alcohols. Then it gives you a choice of carb counting methods, from very basic to very technical. It teaches how to use each method, read labels, and estimate when

necessary. There are food lists for each method and quizzes to make sure you're understanding the info. Of course, there is also a list of total carbs and fiber in 2500 different foods. I have been counting carbs for 4 years, but found new (to me) info in this book.

We have had several books on this topic but none have been as complete. This one book clearly teaches how to count carbs easily. There are exhaustive lists on foods and their "carb-counts". And there are even charts of many well-known eating establishments and how to count carbs when eating "in" or "taking out".

This book is well-written and contains much information that is very helpful for those who have the responsibility for monitoring carbs for a person with diabetes. I especially appreciate the sections dealing with sugar alcohols and carb counts for ethnic and restaurant foods. What a help!

Well this book was really a great mistake. What I mean is, I was trying to find a book that was just a list of carb counts. Instead, we received a book filled with helpful information on carb counting beyond 'the list'. My husband is a type 1 diabetic, and I really watch my carbs, so this book has helped us both a lot. The info on stuff like sugar alcohols, etc. helps a lot because many of the packages are labeled in misleading ways regarding 'net' carbs'. This book gave us some answers as to which ones I can subtract (for weight control) as opposed to which ones my husband can and can't subtract (that still can affect blood sugar). The eating out guides are great, but the way restaurants change menus, the info gets outdated quickly. However, getting into the habit of asking for nutrition info makes it easy to work it all out for yourself.

If you are a Diabetic, more than likely you will hear the term "counting carbs". It was easier for me to say it than put into practice. In my experience, this book makes it much easier to follow a diet plan by counting carbs. This book helped me implement a very low carbohydrate diet which I use to help manage my blood sugars. Being a diabetic, the author knows his subject. The book is an easy read, the writing is clear and understandable. My copy is tabbed with lots of notes in the margins. The same author wrote "think like a pancreas", another book that I use constantly. If you are taking Insulin, read this book. Both of these books were fundamental to me taking control of my diabetes.

The great thing about this book is it really explains Diabetes and how Nutrition works and gives

so much needed information. Very good and easy to understand and has all the Calorie, Carbohydrate Counters. It's kind of like Diabetes for Dummies...

The description of this book should clearly state that a huge part of this book is about restaurant and processed food. Since I almost never eat out and never eat at chain restaurants, that part (about half) was not of any value. I would have preferred that the list of whole foods be more exhaustive.

Unfortunately, this book doesn't have an active table of contents for the Kindle edition, so it's next to useless for that purpose. My husband was recently diagnosed with Type II diabetes, and among the four books on diabetes and carbs etc. I've downloaded for our Kindles, this is the only one that wasn't easily searchable. I've already received my refund from . Too bad.

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

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes,

low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes)

[Dmca](#)