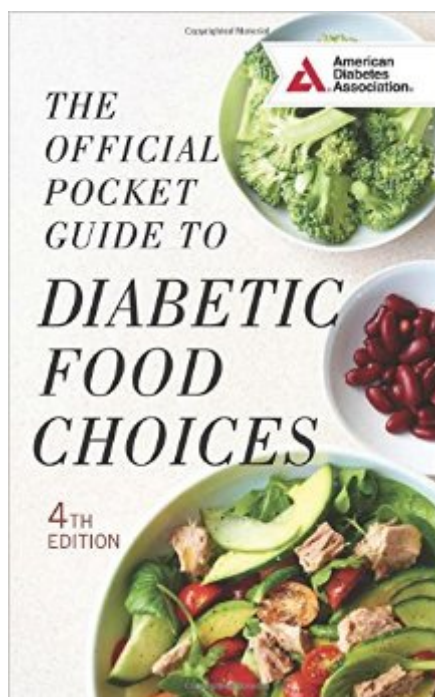The book was found

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

Paperback: 82 pages

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Product Dimensions: 3.5 x 0.6 x 5.8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

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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