



# Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control

By Hope S. Warshaw R.D., Karmeen Kulkarni M.S.

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The completely revised *Complete Guide to Carb Counting*, 3rd edition, by the American Diabetes Association, provides you with the knowledge and the tools to put carbohydrate counting into practice. Rewritten and reorganized to introduce and explain carb counting concepts as you'll need them in your diabetes care plan, you'll learn why carb counting helps you manage your blood sugar, the amount of carb to eat, how to count the carbohydrates in meals, and how to count carbs using food labels, restaurant menus, and your eyes, too. This is THE meal planning system every carb-counting person with diabetes needs to manage their blood glucose.

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### **Editorial Review**

From the Inside Flap

Would you like to learn what foods will make your blood sugar rise and how high? How about what your blood sugar levels will be tomorrow and the next day? Wherever you are, whatever meal you eat, the answer is in the amount of carbohydrate you eat. Carb counting unlocks the secrets of blood sugar control and helps you avoid the dangers that can occur when your sugar is too high or too low.

The ADA Complete Guide to Carb Counting provides you with all the knowledge and the tools you need to put carb counting into practice. Whether you choose to do basic carb counting or move on to advanced, you'll learn why carb counting helps control blood sugar, the amount of carb to eat, how to count the carb in your meals, and how to count carbs using food labels, restaurant menus, and your eyes, too. It is THE meal planning system that really helps you tighten up your diabetes control, no matter how you manage your diabetes.

The ADA Complete Guide to Carb Counting includes:

- Everything you need to know about carbs
- Carb counts for everyday foods
- Checklists to identify the skills you need to count carbs
- Stories from people who are using carb counting
- How to adjust insulin to the food you eat
- More!

From the Back Cover

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About the Author

## **Author Profiles**

**Hope S. Warshaw, MMSc, RD, CDE, BC-ADM**, is a nationally recognized expert on healthy eating and meal planning with diabetes. She is the author of many ADA books, including the recently published *Real-Life Guide to Diabetes*, *American Diabetes Association Guide to Healthy Restaurant Eating*, and the *Diabetes Food and Nutrition Bible*.

**Karmeen Kulkarni, MS, RD, CDE, BC-ADM**, works at the Diabetes Center at St. Mark's Hospital in Salt Lake City. She has had great success for 15 years using the carb-counting system with her clients who have diabetes. In 2006, she was ADA President, Health Care & Education.

## **Users Review**

### **From reader reviews:**

#### **Micheal Taylor:**

In this 21st millennium, people become competitive in each way. By being competitive at this point, people have to do something to make themselves survive, being in the middle of the actual crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Sure, by reading a guide your ability to survive boost then having chance to stand up than other is high. In your case who want to start reading the book, we give you that Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control book as nice and daily reading guide. Why, because this book is more than just a book.

#### **Hilda Baker:**

Do you certainly one of people who can't read gratifying if the sentence chained inside straightway, hold on guys this particular aren't like that. This Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control book is readable by simply you who hate those straight word style. You will find the details here are arranged for enjoyable reading through experience without leaving perhaps decrease the knowledge that want to give to you. The writer associated with Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control content conveys the thought easily to understand by many people. The printed and e-book are not different in the content material but it just different as it. So, do you nevertheless thinking Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control is not loveable to be your top list reading book?

#### **Dan Flood:**

The reason why? Because this Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret that inside. Reading this book adjacent to it was fantastic author who have write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning totally. So, it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking means. So, still want to hesitate having that book? If I ended up you I will go to the e-book store hurriedly.

**Claire Davis:**

The book untitled Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control contain a lot of information on it. The writer explains your girlfriend idea with easy technique. The language is very clear to see all the people, so do certainly not worry, you can easy to read that. The book was compiled by famous author. The author gives you in the new era of literary works. You can actually read this book because you can please read on your smart phone, or model, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice learn.

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