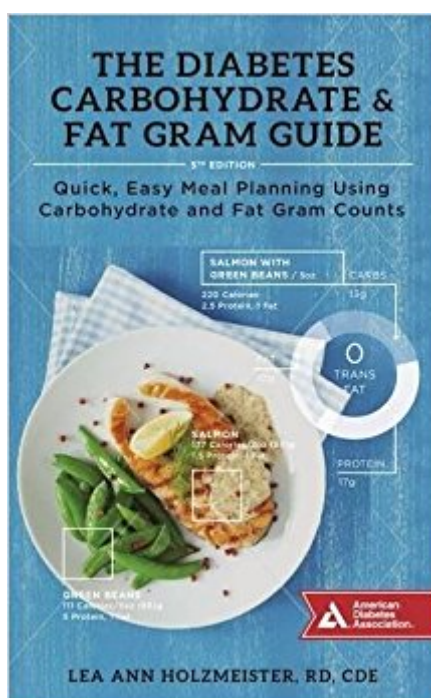


The book was found

# 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

Paperback: 736 pages

Publisher: American Diabetes Association; 5 edition (August 15, 2017)

Language: English

ISBN-10: 158040555X

ISBN-13: 978-1580405553

Product Dimensions: 4.2 x 1.6 x 7 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #67,169 in Books (See Top 100 in Books) #54 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #57 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #78 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## 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.

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

The Diabetes Carbohydrate and Fat Gram Guide : Quick, Easy Meal Planning Using Carbohydrate and Fat Gram Counts The Diabetes Carbohydrate & Fat Gram Guide: Quick, Easy Meal Planning Using Carbohydrate and Fat Gram Counts Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) 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 Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse 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) Ultimate Meal Planning Guide for Prediabetes & Diabetes Type 2: Meal Planning Starter's Guide for those with Prediabetes & Diabetes Type 2 Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead

Meals, Meal Plan) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)