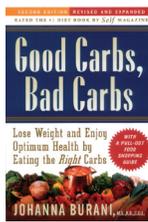


# Carb Counting

## Good Carbs, Bad Carbs, 2nd ed *by J Burani*

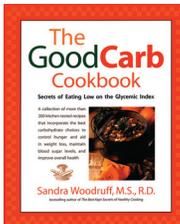


A thorough guide to how carbs work and why your body prefers good ones. The best carbs to lose weight and control blood sugars. Carbs for kids and athletes, plus ten recipes. Revised Second Edition

2005, 224 pgs, 5 x 7.5, ISBN 1-56924-398-0, \$14.95

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## The Good Carb Cookbook *By Sandra Woodruff*

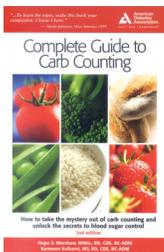


Use the glycemic index to gain control over carbohydrates and blood sugars. Over 200 kitchen-tested recipes. Eat good carbs with a lower GI for hunger control, weight loss, and improved health. GI rating given.\*

2001, 312 pgs, 7.5 x 9.25, ISBN 1-58333-084-4, \$15.95

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## ADA Complete Guide To Carb Counting



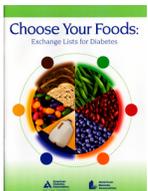
*By H. Warshaw, MMSc, RD, CDE and K. Kulkarni, MS, RD, C.D.E.*

Master carb counting. Set up an insulin-to-carbohydrate ratio, keep a food diary and develop your own list of foods and the effect they have on you, plus more.

2004, 244 pgs, 6 x 9, ISBN 1-58040-203-8, \$16.95

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## Exchange List for Meal Planning *by the ADA*

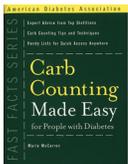


The foods that are good for everyone are good for you. This booklet has placed the foods you eat into the three major nutrients: carbohydrate, protein, and fat.

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## Carb Counting Made Easy *By Marie McCarren*

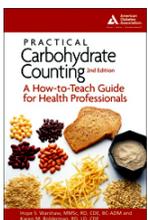


Advice from top dietitians. Easy carb counting tips and techniques. Convenient pocket size. Handy lists for quick access anywhere.

2002, 59 pgs, 5.5 x 4.25, ISBN 1-58040-163-5, \$5.95

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## Practical Carbohydrate Counting *By H. Warshaw et al*



The essentials of teaching carbohydrate counting in this revised and much expanded edition. Provides clear and practical approaches that will allow you to help your patients achieve glycemic control with basic or advanced counting.

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## Calorie King's Calorie Fat & Carb. Counter



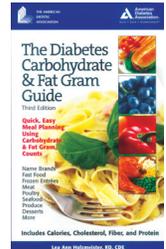
*By Alan Borushek*

Handy little reference for 14,000 foods, includes 200 fast-food chains and restaurants. Fast food, alcohol, caffeine, calcium. For nutrition management on the go.

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## ADA's Diabetes Carb And Fat Gram Guide



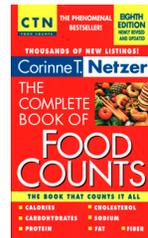
*By Lea Ann Holzmeister, RD, CDE*

Handy reference with 1200+ foods listing calories, carbs, fat and saturated fat, sodium, & ts. Easy-to-read, name brands, fast foods, frozen entrees, meats, produce & desserts.

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## Complete Book Of Food Counts, 7th ed.



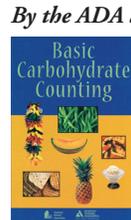
*By Corinne T. Netzer*

An authoritative classic. Includes: carbohydrates, calories, cholesterol, protein, fat, sodium, fiber. Generic, brand-name, fresh, frozen, fast-food, gourmet and health foods.

2009, 921 pgs, 4.25 x 7, ISBN 978-0-440-24320-5, \$7.99

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## Basic Carbohydrate Counting Poster



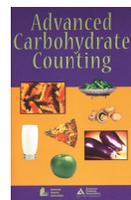
*By the ADA and the American Dietetic Association*

Covers the basics. Which foods have carbohydrates, how to use food labels, how many grams of carbs are in a serving. Large chart listing foods equal to 1 serving of carbs.

2003, 1'10" x 1' open, 5.75" x 8.75" folded, \$6.95

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## Advanced Carbohydrate Counting



*By the American Diabetes Association*

After you have learned about the basics, move on to advanced carb counting to better understand how food, medication, and physical activity affect your blood glucose.

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## The Ultimate Guide to Accurate Carb Counting



*By Gary Scheiner, MS CDE*

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