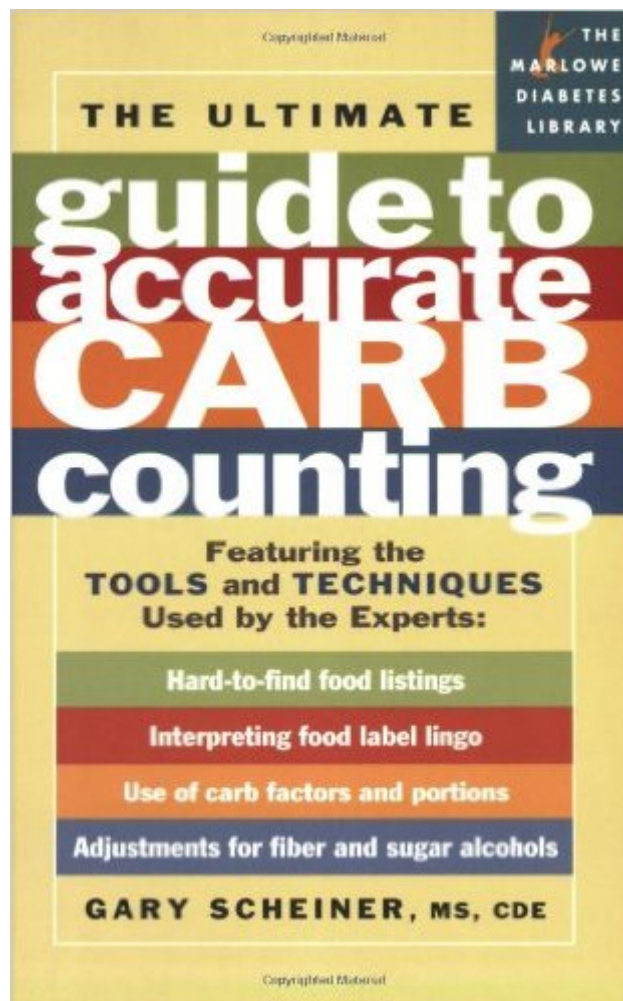


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# The Ultimate Guide To Accurate Carb Counting: Featuring The Tools And Techniques Used By The Experts (Marlowe Diabetes Library)



## 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

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## 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.

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