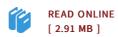




American Dietetic Association Guide to Eating Right When You Have Diabetes

By American Dietetic Association ADA

Wiley. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.5in. x 5.5in. x 0.7in. The definitive guide to eating well and staying healthy with diabetesNutrition is pivotal to diabetes care. This book is a terrific tool for managing diabetes through good nutrition. Its a guide you can use every day-a treasure chest of advice on how to eat healthfully. -Richard M. Bergenstal, MD, Executive DirectorInternational Diabetes Center, Minneapolis, MinnesotaFrom the American Dietetic Association comes this authoritative guide to choosing foods to control your blood sugar and maintain an active, healthy lifestyle. It provides the must-know basics of daily diabetes care-from designing a food plan and preventing low blood glucose levels to losing weight and carbohydrate counting-so you can personalize diabetes and food decisions to fit your needs. Youll see how to manage blood fat levels and blood pressure-an important part of diabetes care-and gain invaluable insight into making healthy food choices and planning tasty meals. Youll also find tips on reducing sugar and fat in foods; quick and easy meal ideas; and a special section on prevention of type 2 diabetes. Detailed menu plans for daily caloric levels of 1, 200, 1, 500, 1, 800, 2, 000, and 2, 500 calories...



Reviews

The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Mrs. Josiane Collins

Good electronic book and valuable one. It generally is not going to charge an excessive amount of. Its been developed in an remarkably straightforward way and is particularly simply following i finished reading this ebook through which really transformed me, change the way i think.

-- Mr. Domenic Eichmann