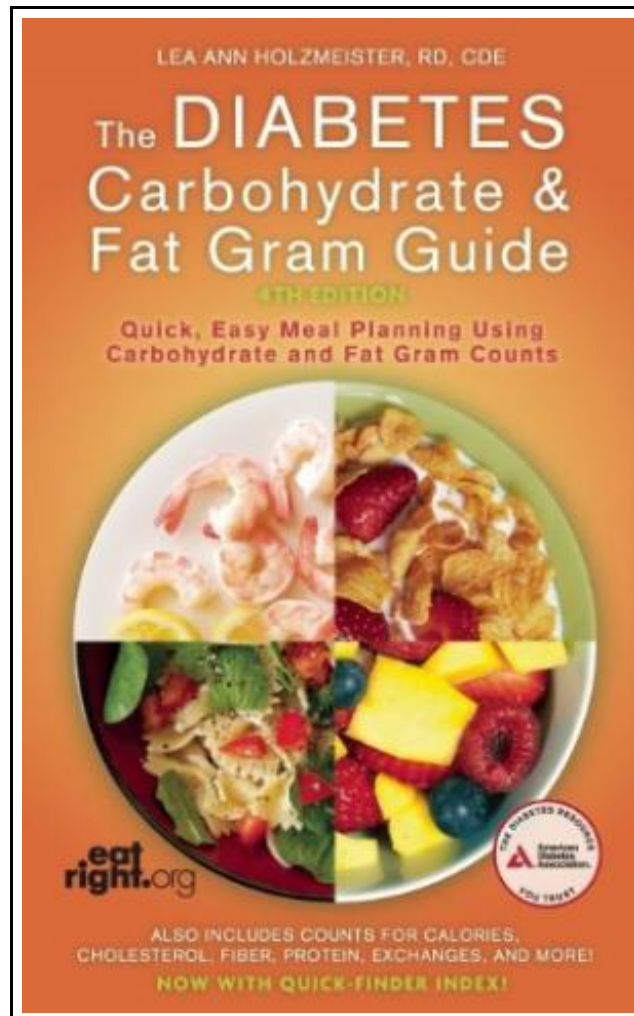


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American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, The Diabetes Carbohydrate and Fat Gram Guide: Quick, Easy Meal Planning Using Carbohydrate and Fat Gram Counts (4th Revised edition), Lea Ann Holzmeister, The essential information on nutrition information you need to live with your diabetes! The fourth edition of this all-time favorite 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. 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. Written by Lea Ann Holzmeister, RD, CDE, a diabetes nutrition specialist with more than 20 years experience working with children with diabetes and their families. Topics include: Alcohol, Beer, Spirits, Wine; Beverages, Soda, Sports/Energy Drinks, Meal Replacement Drinks, Cocoa, Coffee/Creamer, Tea; Bread, Bagels, Rolls, Tortillas, Biscuits, Pancakes, Waffles, Stuffing, Croutons; Breakfast Cereal, Ready-to-Eat Cereal, Hot Cereal; Cake, Pie, Cookies, Brownies; Candy, Sweets; Cheese, Cottage Cheese, Cream Cheese; Combination Foods; Dips, Spreads, Salsa; Eggs, Egg Dishes, Egg Products; Ethnic Foods; Fast Foods; Fats, Oils, Butter, Margarine, Salad Dressing, Sour Cream; Frozen Packaged Foot, Meat, Chicken, Fish, Meals, Pizza, Snacks; Frozen Desserts, Ice Cream, Frozen Yogurt, Frozen Bars, Pudding, Gelatin; Fruit, Fruit Drinks, Juices; Grains, Pasta, Rice; Legumes (Beans); Meat, Poultry, Fish (Fresh, Cooked); Meat, Poultry, Fish (Processed/Prepared); Milk, Yogurt, Soy Drinks; Nuts, Seeds, Nut/Seed Products; Sauces, Gravies, Condiments, Relishes; Snacks, Crackers, Chips, Popcorn, Snack Bars; Soups, Stew; Sweet Breads,...



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