



Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control

Hope S. Warshaw R.D., Karmeen Kulkarni M.S.

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The completely revised *Complete Guide to Carb Counting*, 3rd edition, by the American Diabetes Association, provides you with the knowledge and the tools to put carbohydrate counting into practice. Rewritten and reorganized to introduce and explain carb counting concepts as you'll need them in your diabetes care plan, you'll learn why carb counting helps you manage your blood sugar, the amount of carb to eat, how to count the carbohydrates in meals, and how to count carbs using food labels, restaurant menus, and your eyes, too. This is THE meal planning system every carb-counting person with diabetes needs to manage their blood glucose.

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