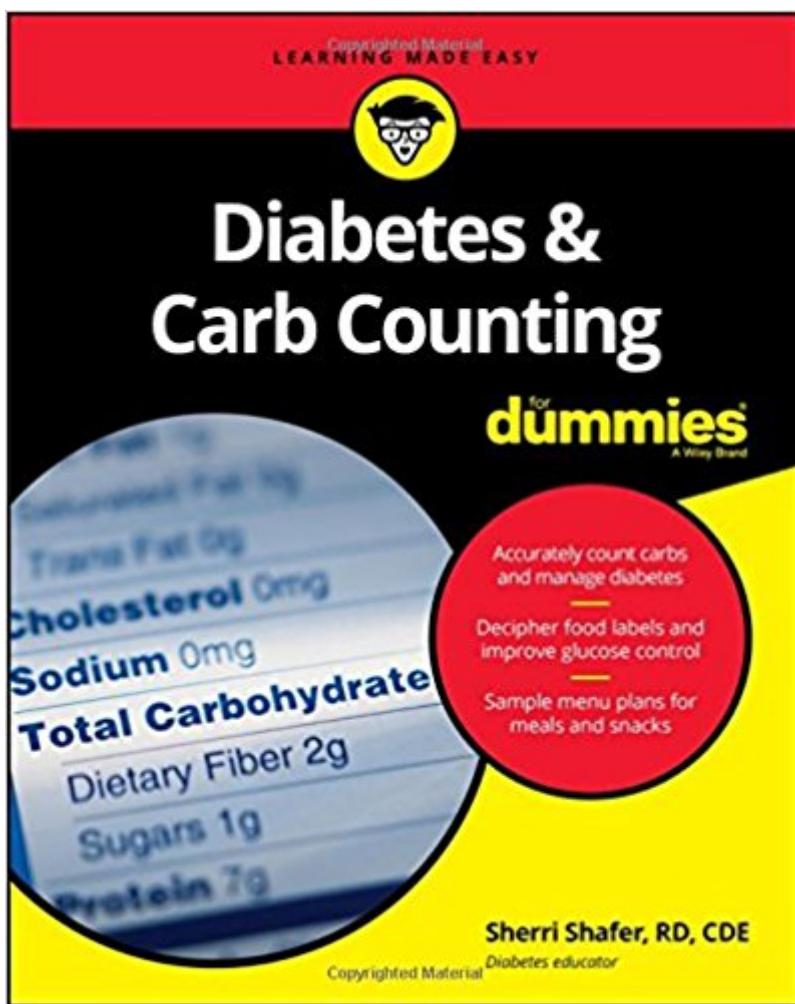


The book was found

# Diabetes And Carb Counting For Dummies (For Dummies (Lifestyle))



## Synopsis

Count your carbs • and count on managing your diabetes Living with diabetes doesn't have to mean giving up all of your favorite foods. Carbs from healthy foods boost nutrition and supply essential fuel for your brain and body. Counting carbs is integral to managing diabetes because your carb choices, portion sizes, and meal timing directly impact blood glucose levels. *Diabetes & Carb Counting For Dummies* provides essential information on how to strike a balance between carb intake, exercise, and diabetes medications while making healthy food choices.

• Covering the latest information on why carb counting is important for Type 1 diabetes, Type 2 diabetes, and gestational diabetes, this book provides the tools you need to best manage your diet and your diabetes. Nearly one in 11 people in the United States have diabetes and one out of every 3 adults have prediabetes (blood glucose levels above normal ranges). Diabetes rates are skyrocketing worldwide. If you or a loved one has been diagnosed • or is teetering on the edge of diagnosis • you'll find all the safe, trusted guidance you need to better manage your health through improving your nutrition and managing your carb intake. Discover how what you eat affects diabetes Explore the importance of carbs in nutrition and health Get the facts when it comes to fiber, fats, sweeteners, and alcohol. Decipher food labels and discover how to count carbs in bulk, fresh, and restaurant foods Manage your diabetes and reduce other diet-related health risks Improve blood glucose levels Sample meal plans in controlled carb count ranges Food composition lists for counting carbs and identifying best bet proteins and fats • If you're one of the millions of people with diabetes or prediabetes in search of an accessible resource to help you portion and count carbs to better manage this disease, this is the go-to guide you'll turn to again and again because when it comes to diabetes • carbohydrates count. • • • • • • • •

## Book Information

Series: For Dummies (Lifestyle)

Paperback: 408 pages

Publisher: For Dummies; 1 edition (April 3, 2017)

Language: English

ISBN-10: 1119315646

ISBN-13: 978-1119315643

Product Dimensions: 7.2 x 1 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 27 customer reviews

Best Sellers Rank: #36,990 in Books (See Top 100 in Books) #37 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #53 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #428 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Accurately count carbs and manage diabetes Decipher food labels and improve glucose control Sample menu plans for meals and snacks Eating right with diabetes can be easy as 1-2-3! Managing carb intake is integral to managing diabetes. This friendly guide shows you how to plan your carbs while taking exercise and diabetes meds into account and making healthy food choices. Find out how carb counting and other portioning tools can improve blood glucose control, and discover how fiber, fats, sweeteners, and alcohol impact diabetes. From deciphering food labels to discovering carb counts in bulk, fresh, and restaurant foods, the info you need is here. InsideÃ¢â€| Recognize carbs in the food you eat Determine your carb needs and time your carb consumption wisely Consider the carbs you drink Get a handle on hypoglycemia Live well with diabetes through all stages of life

Sherri Shafer, RD, CDE, is a senior registered dietitian and a certified diabetes educator at the University of California San Francisco Medical Center. She teaches diabetes self-management workshops and provides nutrition counseling for individuals with type 1 diabetes, type 2 diabetes, prediabetes, and gestational diabetes. She is also the author of *Diabetes Type 2: Complete Food Management Program*.

very helpful

This book is a treasure trove of helpful information for the person living with diabetes mellitus, as well as, an excellent resource for the healthcare provider. In a readable format the author provides an overview about diabetes; explains the interplay of diet, carbohydrates, and exercise on blood sugar control; and fosters the skills needed for diabetes self-management. This book also offers helpful tips on how to increase carbohydrate counting accuracy; decipher food labels; and select healthy snacks. Additionally, this book provides sample menus for varying carbohydrate amounts.

One of the most time-consuming elements of controlling diabetes (Type 2 in my case) is counting

carbs. It's important to keep tabs on your carb intake because carbs raise your blood sugar. By controlling carbs, you can have a direct impact on your health. As the first sentence in Chapter 1 says, "Diabetes is a disorder that is largely self-managed." This book helps you do that. Like other "for dummies" books, this one breaks down some pretty complex subjects into smaller bites, written in language that's easy to understand. The chapters cover such subjects as recognizing carbs in the foods you eat, tracking carbs through the body, finding the right amount of carbs for you, timing your carbs consumption each day, deciphering food labels, and sugar vs. substitutes. There's also a selection of sample menus for healthy meals and tips on exercising for better health. This book, written by a diabetes educator, is packed with valuable information, whether you're a diabetes "newbie" or have been struggling with the disease for years.

This book is very thorough, informative, and easy to understand. You can navigate through the chapters in any order. The text along with diagrams and charts are very helpful when learning how the body processes carbs, what they are used for, how much you need, and how to portion them. There are also chapters on going gluten free and managing exercise and hypoglycemia. There are some sample menus to aid with choices for breakfast, lunch, and dinner. Whether it is you or someone in your family with diabetes, this book is a great resource to help balance food intake, beverage intake, exercise, weight control, heart health, and diabetes.

Sherri Shafer shares her decades of experience as a Registered Dietitian and Certified Diabetes Educator in helping you understand the inside scoop on food choices to maximize your diabetes control. Getting diagnosed with diabetes is overwhelming. Sherri breaks it down into easy to grasp concepts. Most diabetes management is about the collective daily choices. This book is a gem in getting you the info you need to make the best choices for your health.

Having been diagnosed as diabetic for over a year now, the personal research on how to manage my diabetes is on-going. I haven't had to start with glucose monitoring or insulin given my recent A1C tests (I've been able to get it back into the pre-diabetic range) but I take nothing for granted. The point of that is that when I read a book about diabetes management and it is a bit on the fluffy side, I am suspicious. I am glad to say that Sherri Shafer's "Diabetes and Carb Counting for Dummies" is not fluffy. Author Shafer is a Diabetes educator and it shows in this book which is hardly for dummies. It covers as much as is possible in around 380 pages. I could read some chapters with more attention than others since some topics related to me more at this time, but I

may need that information later so it is nice to have it in one book. I also appreciated the section on finding the carb sweet spot or rather, what works on an individual basis. I try to be conservative in my carb count and stay within the recommended ranges for snacks and meals, but I do notice that even if I seem to be in a good range as far as the count goes, I feel that something wasn't quite right. That used to puzzle me but apparently, it isn't so uncommon so the search for balance and the sweet spot continues. I like that there are tips and tricks sprinkled throughout. There is also encouragement but it is realistic. If I were newly diagnosed and this were my first book on diabetes, I probably would have been overwhelmed. Now that I've had some practice and trial and error runs, the book has info that I am ready for. and appreciate.

Great book for those who are new to diabetes. The book covers the basics - figuring out how many carbs you need. It goes into how to count carbs successfully. Living with diabetes is covered in detail. Eating a healthy diet, staying fit with exercise, taking medication, and monitoring your levels is explained very well. There's a great section on recognizing carbs in the foods you eat. There is sugar in everything! The book explains how to time your consumption of carbs to help you metabolize them better. It gives you an understanding on how to distribute your daily carb intake. There's a section on sugar and sugar substitutes, the different types, sugar alcohols and substitute safety. We all know we need to get more fit. This is covered as well. Like it or not! And lastly there are menus and snacks, website info to help you, and a food exchange list. Very detailed. Everything you need to know in one book.

So far the most helpful book I've read. I'm new to the world of diabetes. Oh joy.

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