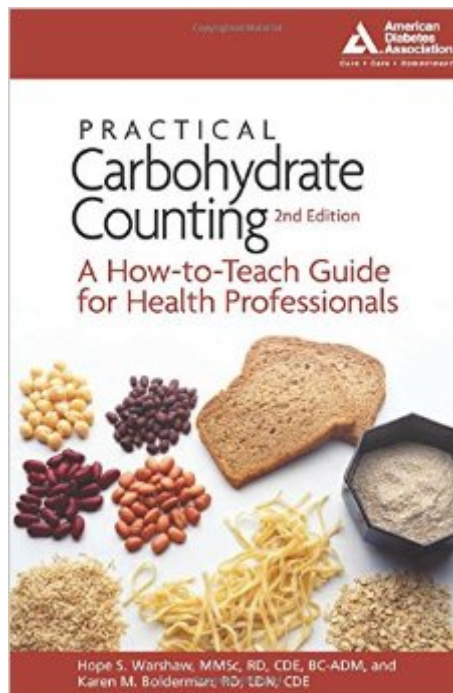


The book was found

Practical Carbohydrate Counting: A How-to-Teach Guide For Health Professionals



Synopsis

The essentials of teaching carbohydrate counting are presented in this revised and much expanded edition. This resource provides clear and practical approaches that will allow you to help your patients achieve glycemic control with Basic or Advanced Carbohydrate Counting. Includes: reasons for teaching carbohydrate counting, which type, and to whom; complete information on both Basic and Advanced Carbohydrate Counting; skills and readiness checklists for patients; case studies; and much more!

Book Information

Paperback: 207 pages

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Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (6 customer reviews)

Best Sellers Rank: #326,641 in Books (See Top 100 in Books) #37 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #57 in Â Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Endocrinology #180 in Â Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism

Customer Reviews

Well written book, as a Diabetic Educator I found this book easy to read with case studies that were very helpful. The log pages for patients are excellent , using them all.

For most people, eating is a mindless action. For those trying to improve their health, it's another story. "Practical Carbohydrate Counting: A How-To-Teach Guide for Health Professionals" is a solid reference from the American Diabetes Association for nutritionists who are trying to teach their patients the skills they need to deal with carbohydrate management in their everyday life. With plenty of advice on carbohydrate's relationship with insulin and blood sugar, "Practical Carbohydrate Counting" is a must for any nutritionist dealing with diabetics.

I am a little disappointed in this book, but it is my own fault. I thought it would take on a simpler

approach to explaining about carbs and counting but it is just too technical for me to follow. I did notice it was more for health care professionals. Lesson learned! Seller had very fast shipping and book is in excellent condition.

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Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber
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