



The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library)

By Gary Scheiner

Download now

Read Online →

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner

Whether you're following a diet plan that requires carb-counting, you have diabetes, or simply because you are conscious of the quantity of carbs you consume, *The Ultimate Guide to Accurate Carb Counting* is the all-in-one resource for practically and effectively managing your carb intake. Certified diabetes educator, type 1 diabetic, and *Think Like a Pancreas* author Gary Scheiner focuses on carb counting in a real-world context, and his explanations and advice—in addition to being complete and thoroughly accurate—are geared towards the most common foods and eating habits. *The Ultimate Guide to Accurate Carb Counting* tells you everything you need to accurately keep track of your carb intake, including: The basic rationale for and the theory behind carb-counting, as well as explanations of simple to advanced techniques How to read and understand food labels, and how to estimate the nutritional values of unlabelled foods Resources for carb counting at major restaurant chains An explanation of the glycemic index and its influence on carb-counting Adjusting for fiber and sugar substitutes A comprehensive listing of exchanges, carb factors, and glycemic index values, as well as the carb and fiber values for 2,500 foods

↓ [Download The Ultimate Guide to Accurate Carb Counting: Feat ...pdf](#)

📄 [Read Online The Ultimate Guide to Accurate Carb Counting: Fe ...pdf](#)

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library)

By Gary Scheiner

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner

Whether you're following a diet plan that requires carb-counting, you have diabetes, or simply because you are conscious of the quantity of carbs you consume, The Ultimate Guide to Accurate Carb Counting is the all-in-one resource for practically and effectively managing your carb intake. Certified diabetes educator, type 1 diabetic, and Think Like a Pancreas author Gary Scheiner focuses on carb counting in a real-world context, and his explanations and advice—in addition to being complete and thoroughly accurate—are geared towards the most common foods and eating habits. The Ultimate Guide to Accurate Carb Counting tells you everything you need to accurately keep track of your carb intake, including: The basic rationale for and the theory behind carb-counting, as well as explanations of simple to advanced techniques How to read and understand food labels, and how to estimate the nutritional values of unlabelled foods Resources for carb counting at major restaurant chains An explanation of the glycemic index and its influence on carb-counting Adjusting for fiber and sugar substitutes A comprehensive listing of exchanges, carb factors, and glycemic index values, as well as the carb and fiber values for 2,500 foods

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner Bibliography

- Sales Rank: #89132 in Books
- Brand: Brand: Da Capo Press
- Published on: 2006-12-11
- Original language: English
- Number of items: 1
- Dimensions: 1.00" h x 10.00" w x 5.00" l, .37 pounds
- Binding: Paperback
- 256 pages

 [Download The Ultimate Guide to Accurate Carb Counting: Feat ...pdf](#)

 [Read Online The Ultimate Guide to Accurate Carb Counting: Fe ...pdf](#)

Download and Read Free Online The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner

Editorial Review

About the Author

Gary Scheiner, MS, CDE, is a certified diabetes educator and exercise physiologist. He is the author of *Think Like a Pancreas* and has written dozens of articles on diabetes, fitness, and motivation. He serves on the board of directors of the Juvenile Diabetes Research Foundation, coordinates a chapter of the Diabetes Exercise & Sports Association, and volunteers for the American Diabetes Association. Drawing upon both his professional skills and personal experience, he teaches art and science of blood glucose balancing to people throughout the world from his private practice, Integrated Diabetes Services, in Wynnewood, Pennsylvania.

Users Review

From reader reviews:

Hazel Polk:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to know everything in the world. Each e-book has different aim or goal; it means that guide has different type. Some people feel enjoy to spend their time to read a book. They are really reading whatever they consider because their hobby is definitely reading a book. How about the person who don't like looking at a book? Sometime, man or woman feel need book after they found difficult problem or maybe exercise. Well, probably you will want this *The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library)*.

Holly Taylor:

The book *The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library)* gives you the sense of being enjoy for your spare time. You should use to make your capable much more increase. Book can to get your best friend when you getting pressure or having big problem together with your subject. If you can make reading a book *The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library)* being your habit, you can get more advantages, like add your own personal capable, increase your knowledge about a number of or all subjects. You may know everything if you like start and read a publication *The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library)*. Kinds of book are several. It means that, science e-book or encyclopedia or other folks. So , how do you think about this publication?

Eileen Williams:

Do you like reading a book? Confuse to looking for your chosen book? Or your book had been rare? Why so many query for the book? But just about any people feel that they enjoy for reading. Some people likes

reading, not only science book and also novel and The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) or perhaps others sources were given information for you. After you know how the great a book, you feel would like to read more and more. Science publication was created for teacher as well as students especially. Those publications are helping them to increase their knowledge. In different case, beside science e-book, any other book likes The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) to make your spare time much more colorful. Many types of book like this one.

David Fulton:

As a college student exactly feel bored to be able to reading. If their teacher requested them to go to the library in order to make summary for some publication, they are complained. Just little students that has reading's internal or real their pastime. They just do what the professor want, like asked to the library. They go to there but nothing reading critically. Any students feel that looking at is not important, boring and can't see colorful photographs on there. Yeah, it is to be complicated. Book is very important for you. As we know that on this period, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) can make you sense more interested to read.

Download and Read Online The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner #3XD8G25JAQK

Read The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner for online ebook

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner books to read online.

Online The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner ebook PDF download

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner Doc

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner Mobipocket

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner EPub

3XD8G25JAQK: The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts (Marlowe Diabetes Library) By Gary Scheiner