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The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods

American Diabetes Association

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The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods American Diabetes Association Completely updated to match the newest edition of *Choose Your Foods: Exchange Lists for Diabetes Meal Planning*, this pocket-sized bestseller is now better and more complete than ever.

Every day and at every meal, millions of people use the exchange list system to help them plan their meal, choose the healthiest foods, and estimate the right portions. By grouping similar foods into exchangeable portion sizes, people with diabetes can instantly create entire meals, specifically designed to help them control their blood glucose and lose weight. This proven system is the most popular approach to diabetes meal planning and has been used by dietitians, diabetes educators, and millions of people with diabetes for over 40 years.

This portable, pocket-sized version of the *Choose Your Foods: Exchange Lists for Diabetes Meal Planning* takes all of the information from the original and packages it in a format that's perfect for trips to the grocery store or a meal at a restaurant. Updates to this new, third edition, includes new foods—especially combination foods and fast foods, such as burritos, hamburgers, and other popular meals—revised portions, and updated meal planning tips and techniques. Also included is a new section on alcohol, including tips for working it into meal plans and information on consuming it safely and moderately within a diabetes meal plan.

This new edition has also been redesigned to make finding particular foods and food groups even easier. Plus, the expanded index makes finding individual foods even easier than before.

With more foods, revised portion sizes, and the combined knowledge of the American Diabetes Association and the American Dietetic Association, this handy guide is the ultimate meal planning tool for everyone with diabetes.

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