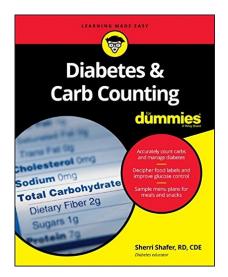
Diabetes and Carb Counting For Dummies (For Dummies (Lifestyle)) PDF



by Sherri Shafer : **Diabetes and Carb Counting For Dummies** (For Dummies (Lifestyle)) ISBN : #1119315646 | Date : 2017-04-03 Description : PDF-37951 | 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 Fo... *Diabetes and Carb Counting For*

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