



# ADA Complete Guide to Carb Counting

*Hope S. Warshaw, Karmen Kulkarni*

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**ADA Complete Guide to Carb Counting** Hope S. Warshaw, Karmen Kulkarni

Basic and advanced carb counting to manage blood sugar. How to count carb in meals, how to count carbs using food labels and restaurant menus. Contains a whole week of meal plans and recordkeeping forms.

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