



# The Diabetes Counter, 4th Edition

*Jo-Ann Heslin M.A. R.D. CDN, Karen J Nolan Ph.D.*

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**The Diabetes Counter, 4th Edition** Jo-Ann Heslin M.A. R.D. CDN, Karen J Nolan Ph.D.

This fourth edition of one of the first diabetes nutrition books to hit the market features more entries and more up-to-date advice than ever before.

More than 7.5 million counter books in print from the nutrition experts!

What can I eat, now that I have diabetes?

In short—everything. Whether you're newly diagnosed or trying to fine-tune your diabetes management, Nolan and Heslin simplify meal planning so you can reduce your risk for complications without sacrificing the foods you love. Whether you are eating at home or in a restaurant, this thoroughly revised and easy-to-use guide, specifically designed for people with type 2 diabetes, will teach you how to count carbohydrates so you can control your blood sugar and stay healthy.

-Calorie, carbohydrate, sugar, fiber, and fat counts for more than 12,000 foods

-Easy steps for counting carbs to control blood sugar

-Simple worksheets, tips, and tools to help you manage your diabetes

-Early warning signs of diabetes to help you reduce your risk

Living with diabetes doesn't have to be complicated.

*Got questions? Get answers at [www.TheNutritionExperts.com](http://www.TheNutritionExperts.com)!*

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