



THE
**CARBOHYDRATE
Counting Cookbook**

125 great tasting family-tested recipes to enhance diabetes control

Learn how to count carbohydrates and plan meals for greater eating freedom

Carbohydrate choices highlighted for each recipe, as well as exchange values and nutrient analysis

Complete with sample menus, recordkeeping forms, and expert advice

Tami Ross, RD, CDE - Patti Geil, RD, CDE

Carbohydrate Counting Cookbook

Yi-Tong Ma



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