



# The Diabetes Carbohydrate and Calorie Counter

*Annette B. Natow, Jo-Ann Heslin*

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**The Diabetes Carbohydrate and Calorie Counter** Annette B. Natow, Jo-Ann Heslin

From renowned nutritionists and authors of *The Fat Counter*--the first complete guide for people with Type II diabetes. Includes 3,000 alphabetical entries of convenience and home-cooked foods (with calorie, carbohydrate, sugar and fat counts), diet and menu plans, warning signs of diabetes, how to protect yourself from diabetes, and more. Original.

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