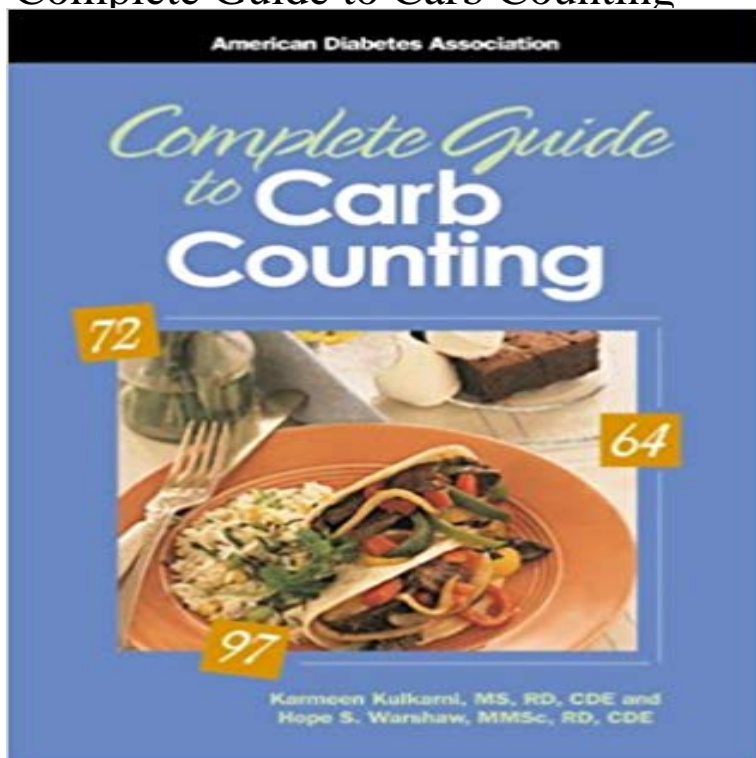


## Complete Guide to Carb Counting



The ADA Complete Guide to Carb Counting is an A-Z guide to carbohydrate counting for people with diabetes. It addresses basic concepts as well as more advanced issues related to tight blood glucose control. Topics include portion control, food variation, the importance of protein in carbohydrate counting, the impact of fat on blood glucose, size and frequency of snacks, and exercise.

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