



The Official Pocket Guide to Diabetic Exchanges

American Dietetic Association, American Diabetes Association

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Every day, every meal, millions and millions of people count on the world-famous "Exchange Lists for Meal Planning" to make sure they're choosing the right kinds of foods and portion sizes from the various food groups.

Now people with diabetes can take the "Exchange Lists" with them to the grocery store or to restaurants with the "Official Pocket Guide to Diabetic Exchanges." Measuring just 3.5" x 6", this little powerhouse is jam-packed with the exact same information found in the standard exchange lists, yet it fits conveniently into a purse or coat pocket.

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John Glass:

Playing with family inside a park, coming to see the sea world or hanging out with friends is something that usually you have done when you have spare time, subsequently why you don't try something that's really opposite from that. One particular activity that makes you not feel tired but still relaxing, thrilling like on a roller coaster you've already been riding on and with the addition of information. Even you love The Official Pocket Guide to Diabetic Exchanges, you may enjoy both. It is an excellent combination, right, you still wish to miss it? What kind of hangout type is it? Oh, it can happen to your mind hangout friends. What? Still don't understand it, oh come on it's called reading friends.

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