



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

**Jianjun Gao**



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