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Snack Swaps! 15 Low Calorie  
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Diabetes: 100 Recipes Designed

by Diabetes Specialist Dietitians

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by Chris Cheyette, Yello Balolia  
(ISBN: 9781908261229) from  
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## *Carbs & Cals Gestational Diabetes: 100 Recipes Designed by ...*

The ultimate visual guide for gestational diabetes. The latest Carbs & Cals book (supported by Diabetes UK) visually shows what you can eat, and offers inspiration about new foods and how they can be included in your diet. It will also help you make healthy changes to your nutrition and physical activity habits that can last a lifetime.

*Gestational Diabetes - Carbs &*

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Being diagnosed with gestational diabetes can be a daunting experience. Many people are

advised to follow a carb-controlled diet and keep a close eye on food consumption during their pregnancy. Carbs & Cals GESTATIONAL DIABETES makes this easy, offering 80 delicious recipes, 20 quick & tasty snacks and 14 daily meal plans to provide inspiration and education about what you can eat.

*Carbs & Cals | Gestational  
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Carbs & Cals GESTATIONAL DIABETES features a range of beautifully designed, mouth-watering recipes, scrumptious snacks and daily meal plans - all

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designed by diabetes specialist dietitians. This visual guide helps you understand the best foods to choose, manage portion sizes and monitor the amount of carbs you consume - keeping your blood glucose levels well under control. FEATURES: \* 80 ...

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However, managed properly, you  
can still have a very healthy  
pregnancy and Carbs & Cals  
Gestational Diabetes is your  
practical, go-to guide with all the

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info you need. As well as the detailed advice in the introduction, the book features 80 beautifully designed, mouth-watering recipes, 20 scrumptious snacks and 14 daily meal plans - all carefully crafted by diabetes specialist dietitians.

## *Carbs & Cals Gestational Diabetes - Diabetes UK Shop*

Gestational Diabetes flyers are available FREE to hospitals, healthcare professionals, GP surgeries, pharmacies, universities and any other organisations educating people with gestational diabetes.

FEATURES: The front contains benefits of the Book for people with gestational diabetes. The reverse lists other products

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suitable for people with  
gestational diabetes.

## *Gestational Diabetes Flyers - Carbs & Cals*

Carbs and Cals is an easy-to-understand visual guide to carbohydrate and calorie counting for people with diabetes. Carbs & Cals: Count your Carbs & Calories with over 1,700 Food & Drink Photos. The introduction to the book includes top tips for healthy eating and information about the nutrients in food, weight loss and carbohydrate and calorie ...

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Carbs & Cals is nationally recognised as the leading carb

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Recipes resource for people with type 1 diabetes. It has been the number 1 bestselling carb counting book on Amazon for 6 years running, and our products have received more than 2,000 five-star reviews. The Carbs & Cals method is both revolutionary and incredibly simple.

*Type 1 Diabetes - Carbs & Cals*  
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monitor the amount of carbs you  
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Weight For Good The Diet Bible 3  
Books Collection Set by Chris  
Cheyette, Yello Balolia, Iota (ISBN:  
9789123651313) from Amazon's  
Book Store. Everyday low prices  
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