



Diabetes Type 2: Complete Food Management Program

Sherri Shafer

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Now You *Can* Keep Diabetes Under Control

It's simple: If you have type 2 diabetes, the *only* way to ward off serious symptoms is to keep your blood sugar within acceptable levels. So how can you do it? Through proper nutrition, *the master key* to controlling blood sugar. You need to understand which foods to eat, when to eat them, and in what amounts, and at the same time, establish regular exercise habits to optimize your health.

Inside is everything you need to know about managing type 2 diabetes through proper nutrition. From how to handle the initial diagnosis to discussions on every major dietary component, you'll uncover the science behind treating diabetes the right way.

Inside, everything you need to know about nutrition and diabetes, including:

- How can exercise and weight management improve my blood sugar control?
- What can I do to lower my cholesterol and blood pressure?
- How can I lose weight and keep it off?
- Should I count carbohydrates?
- Can I eat sugar, and are artificial sweeteners safe?
- How much protein should I eat?
- Is it okay to consume alcohol?
- Do I need supplements?
- How can I read and understand food labels?
- What's the best way to treat low blood sugar?

"A timely and comprehensive roadmap to improving blood glucose control and reducing diabetes complications through simple modifications of diet and lifestyle."

—**Susan Carter, M.S., R.D., C.D.E.**, Stanford University Hospital

"An excellent book! Sherri Shafer draws on her extensive personal experience in nutritional management to make the dietary approach a very practical one. She doesn't emphasize the complete alteration of diet, but instead, how diet can be modified within the framework of an individual's personal preferences."

—**Raghu Mirmira, M.D., Ph.D.**, assistant professor, University of Virginia Diabetes Center

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Carrie Rivas:

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Faye Berg:

Diabetes Type 2: Complete Food Management Program can be one of your starter books that are good idea. We recommend that straight away because this reserve has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The author giving his/her effort that will put every word into delight arrangement in writing Diabetes Type 2: Complete Food Management Program but doesn't forget the main level, giving the reader the hottest along with based confirm resource information that maybe you can be one among it. This great information can easily drawn you into brand new stage of crucial pondering.

Frank Arnett:

Are you kind of occupied person, only have 10 or 15 minute in your day to upgrading your mind expertise or thinking skill even analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short period of time to read it because all this time you only find book that need more time to be go through. Diabetes Type 2: Complete Food Management Program can be your answer given it can be read by anyone who have those short spare time problems.

Robert Tanaka:

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