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Practical Carbohydrate Counting: A How-to-Teach Guide for Health Professionals

Hope S. Warshaw R.D., Karen M. Bolderman R.D.

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Practical Carbohydrate Counting: A How-to-Teach Guide for Health Professionals Hope S. Warshaw R.D., Karen M. Bolderman R.D.
The essentials of teaching carbohydrate counting are presented in this revised and much expanded edition. This resource provides clear and practical approaches that will allow you to help your patients achieve glycemic control with Basic or Advanced Carbohydrate Counting. Includes: reasons for teaching carbohydrate counting, which type, and to whom; complete information on both Basic and Advanced Carbohydrate Counting; skills and readiness checklists for patients; case studies; and much more!

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