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Exchange Lists For Meal Planning



Synopsis

Book by Ada

Book Information

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Customer Reviews

I searched for this specific Exchange Lists shown for several weeks because this particular book was one I'd had before but apparently lost in moving. My boyfriend was recently dx with Type2 and I wanted this particular book to guide him with his food choices, I'd been trained with this book 20 years ago and felt it was the best version. First problem: was shipped by some obscure shipper and it was lost TWICE!; 2) it was packaged in a plastic bag with no extra protection and the bag was damaged thus the book arrived FINALLY with bag ripped and book torn. Second: The book that arrived was NOT the book that was pictured. If I'd wanted the one I received I would have ordered this one from a different shipper. While similar it was not the version I wanted, it was lost twice and I had to call the post office to find it, and it was damaged. I won't be ordering from this seller again. Ever.

This is helpful. However, I use it with a diet plan that appeared in Glamour Magazine many years ago, that is very simple to follow. The food exchanges in this list definitely cover more choices than the magazine article suggested.

I am diabetic and the Exchange Lists are an essential item for diabetics to keep in their kitchen

library. The service was also great.

My sister used this book as a guideline for her diet and lost 30lbs in about six months. She's not diabetic, and found the diet a good fit for her life.

I bought this for both my parents who are type 2 diabetics. They find it sooo easy to refer to it when fixing meals. I highly recommend this as a reference tool.

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