

CARBOHYDRATE COUNTING RESOURCES

General Information on Carbohydrate Counting:

- ***The American Diabetes Association Complete Guide to Carb Counting***
Karmeen Kulkarni, and Hope Warshaw www.diabetes.org
- ***Carbohydrate Counting*** (2002)
International Diabetes Center Publishing www.idcpublishing.com
- ***Basic Carbohydrate Counting*** (2003)
- ***Advanced Carbohydrate Counting*** (2003)
American Dietetic Association 800-877-1600, Ext. 5000
www.eatright.org or American Diabetes Association 800-232-6733,
www.diabetes.org

Carbohydrate Value of Foods Without Nutrition Labels:

- ***The Doctor's Pocket Calorie, Fat & Carbohydrate Counter*** (2005)
(Allan Borushek) www.calorieking.com
- ***The Complete Book of Food Counts*** (2003)
Corinne Netzer, Dell Publishing www.amazon.com and major bookstores
- ***Calories and Carbohydrates***, 15th Edition (2003)
Barbara Kraus, Signet Publishing www.amazon.com and major bookstores
- ***The Diabetes Carbohydrate and Fat Gram Guide*** (2000)
Lea Ann Holzmeister, American Diabetes Association 800-232-6733
or www.Diabetes.org
- **Webs sites for carbohydrate counts:**
www.calorieking.com (click on food database)
www.nal.usda.gov (nutrition information for 6,000 basic foods) Go to
"Publications and Databases". Click on "Databases". Go down to
"USDA Nutrient Databases for Standard Reference". Go to
"For More Information". Then go to "download" if you choose to print.

Carbohydrate Values for Restaurant Foods:

- **Extensions web site for Fast Foods**
nutrition information for 16 fast food restaurants:
www.fcs.uga.edu/extension/nut_pubs.php. Click on Dining Out.
- **Fast Food Web sites** such as www.mcdonalds.com or www.pizzahut.com
- ***Guide to Healthy Restaurants Eating***, 2nd ed. Hope Warshaw
American Diabetes Association- 800-232-6733 or www.diabetes.org
- ***Nutrition in the Fast Lane – The Fast Food Dining Guide***
(nutrition information for 54 popular chain restaurants)
Franklin Publishing, Inc. 800-634-1993 or www.fastfoodfacts.com

Software for Personal Digital Assistants (Palm Pilots) for Carb Counts/Diabetes Management

- Diabetes Tracker-www.calorieking.com
- GlucoPilot diabetes management software-www.healthetech.com
- EZManager from Animas Corporation-www.animascorp.com