



# **SureCount, Diabetes Management in Your Hands, A Carb Counter and Meal Planner**

*Melanie Weiss*

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# SureCount, Diabetes Management in Your Hands, A Carb Counter and Meal Planner

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**SureCount, Diabetes Management in Your Hands, A Carb Counter and Meal Planner** Melanie Weiss  
Final Few Copies Available. SureCount is a spiral-bound portable carb counter booklet that supports successful carbohydrate management and meal planning for individuals with Prediabetes, Type 1 and Type 2 Diabetes, and Gestational Diabetes. It is also useful for those who cook and care for diabetics. SureCount offers a quick and easy reference for hundreds of foods in a conveniently sized mini-booklet. SureCount's tabbed pages provide information on twelve different food categories at a glance. Every item in the booklet is listed in a standardized portion that equals 1 serving of carbohydrate, or 15 grams. Aside from including categories such as grains, fruits and dairy, it also lists servings of snacks, sweets and combination foods. Diabetics should eat roughly the same number of carbohydrates at every meal to avoid spikes in blood glucose levels. SureCount helps individuals stay within the targeted range that has been determined by a healthcare professional.

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