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Making Carbs Count - Diabetes Clinic

1 Medium Baked Potato W. Yogurt Tossed Salad W. Light Dressing Diet Soda ½ C Frozen Yogurt 1 2 0 0 1__ 4 Meal Bolus: _14.4_ Correction: _4.4__ Total Taken: 18.8 Two Hour BG: 8.1 Activity: Walked Home From Work (1/2 Hour) Snack Time: 10:15 Blood Glucose: 6.5 1 Cup Skim Milk 1 Slice 9th, 2024

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Coconut, Shredded Unsweetened1/4 C 1.3 Sweetened1/4 C 10.0 Coconut Flour 1/4

C 6.0 Coconut Milk, Canned, Regular 1/2 C 2.0 Cornmeal Veal2 T 9.7 Cream Of Tar
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Week 1 Shopping List On Page 66, Pick Up Some Tasty F 4th, 2024

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Atkins Carb Counter If You're Unsure • Dairy Products Other Than Cream, Soured
Cream, Single Cream And Aged Cheeses. No Cow's Or Goat's Milk, Yoghurt, Cottage
Cheese, Or Ricotta For Now • 'Low-fat' Foods, Which Are Usually Higher I 8th, 2024

The Diabetes Solution How To Control Type 2 Diabetes And ...

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Your Guide To Diabetes - National Institute Of Diabetes ...

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