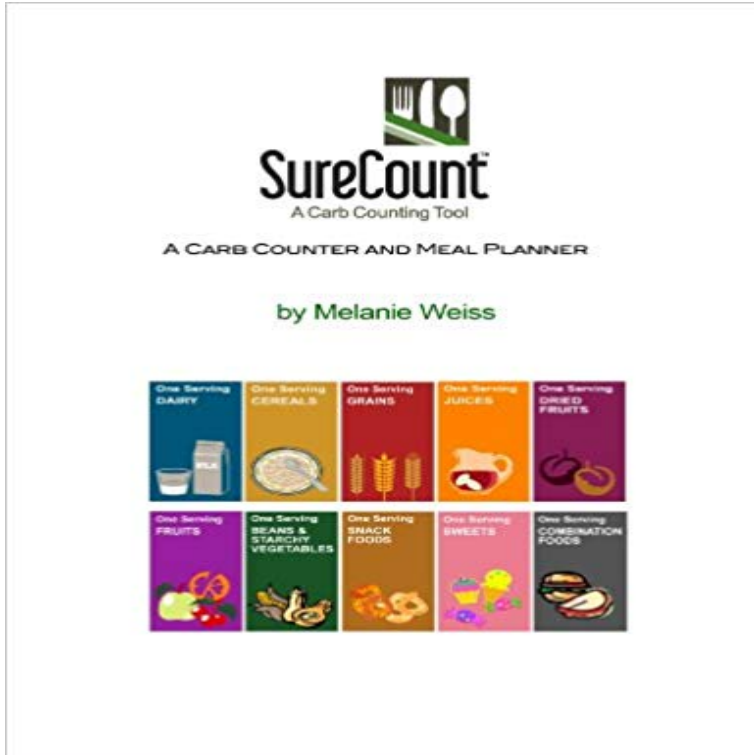


# SureCount, Diabetes Management in Your Hands, A Carb Counter and Meal Planner



Eat Carbohydrates with Confidence! It is important to eat about the same amount of carbohydrates at each meal or snack to keep your blood glucose levels within a specific range. You may be wondering what foods contain carbohydrates and in what amounts? SureCount provides the information you need to make informed decisions about carbohydrates for the successful management of diabetes. If you have prediabetes, gestational diabetes, diabetes type 1 or type 2, or simply want to or need to maintain a constant and regulated consumption of carbohydrates at meal time, SureCount provides a quick and easy reference guide. SureCount is also a valuable guide for those who care and cook for people with diabetes, since it can be used as a meal planner for diabetics. Every item in the booklet is listed in a standardized portion that equals 1 serving of carbohydrate, or 15 grams. SureCount offers a list of quick and easy reference for hundreds of foods that contain carbohydrates, divided into the following 11 categories: Dairy products, cereals, grains, juices, nuts, legumes, vegetables, snack foods, sweets, combined foods and free 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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Your diabetes care team will work with you to find a meal plan that's right for you. How to manage your portion sizes and eat balanced meals. To create carbohydrate counting, or carb counting, is a meal planning . size of a small hand.