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Paperback – August 17, 2006 by Karen J. Bellerson (Author)

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Karen Bellerson has been working in the field of nutrition for the past fifteen years and is the author of The Shoppers Guide to Fat in Your Food, Low-Fat, No-Fat Cookbook and The Complete & Up-to-date Carb Book. She lives in Chandler, Arizona. --This text refers to the paperback edition.

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In this system, one serving of a carbohydrate (eg, one small apple) can be exchanged for any other carbohydrate (eg, 1/3 cup cooked pasta) because both servings contain approximately 15 grams of carbohydrate. You can also easily determine the carbohydrate content of your meals and snacks using the Exchange system .

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About the Author. Karen Bellerson has been working in the field of nutrition for the past fifteen years and is the author of The Shoppers Guide to Fat in Your Food, Low-Fat, No-Fat Cookbook and The Complete & Up-to-date Carb Book. She lives in Chandler, Arizona.

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Uptodate.com: "Patient information: High-fiber diet (Beyond the Basics)," Arnold Wald, MD. Reviewed by Michael Dansinger on May 12, 2018 What are carbs and how do they affect blood sugar?

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