Carbs & Cals

Visual resources for diabetes, weight loss & healthy eating

The **UK's #1 carb & calorie counting resource** for

## DIABETES

Improve your blood glucose control

Up to
6 portions
for each

- Using photos is the easiest way to count carbs
- The essential book for anyone with diabetes!



Carbs & Cals

CARB & CALORIE

COUNTER

Count your carbs & calories with over 1,700 food photost
The UK's #1 bestselling book for diabetes & weight loss

10
Cals

8g
Protein

15g
Carbs

Suproceres BY
Carbs

Suproceres BY
Authors of the #1 bestselling series

Authors of the #1 bestselling series

Over 2,000 amazing reviews!

"The most useful book
I have bought since
being diagnosed."

Michelle W

DABETES UK
KNOW DIABETES, FIGHT DIABETES.

www.carbsandcals.com

More products overleaf too!



## моге from Carbs & Cals

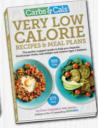
Visual resources for diabetes, weight loss & healthy eating











WORLD FOODS

**SALADS** 

SMOOTHIES SO

**SOUPS** 

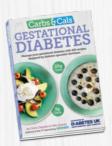
LOW CAL RECIPES











5:2 DIET PHOTOS

POCKET COUNTER MOBILE APP FLASH CARDS GESTATIONAL DIABETES

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