

Carbs & Cals

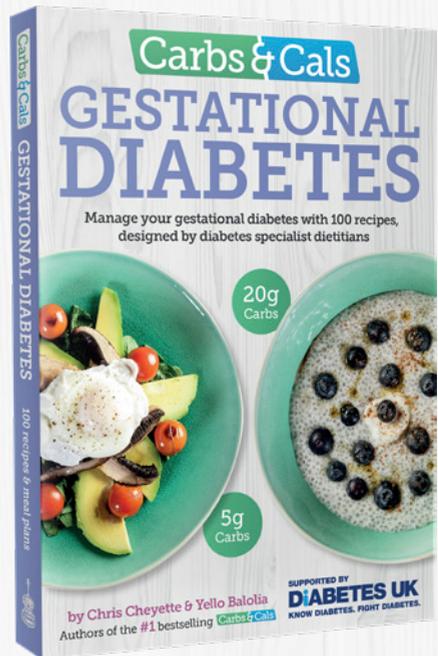
Visual resources for diabetes, weight loss & healthy eating

GESTATIONAL DIABETES

Understand food choices and control your blood glucose

100 recipes, meal plans & snacks

- ✓ The essential book for gestational diabetes!
- ✓ Informative introduction with detailed advice



SUPPORTED BY
DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

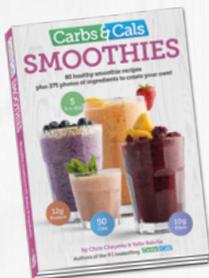
Available NOW at:

www.carbsandcals.com

More products overleaf too! 

MORE FROM Carbs & Cals

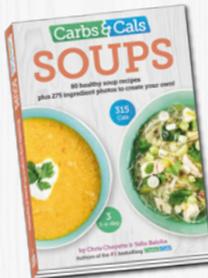
Visual resources for diabetes, weight loss & healthy eating



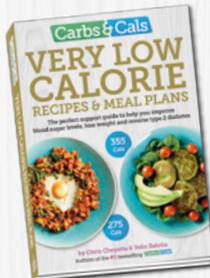
SMOOTHIES



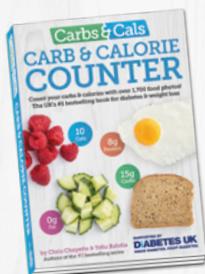
SALADS



SOUPS



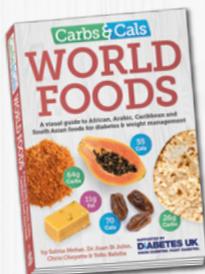
LOW CALORIE MEAL PLANS



CARB & CAL COUNTER



POCKET COUNTER



WORLD FOODS



MOBILE APP



FLASH CARDS

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FREE HEALTH
RESOURCES

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