

Carbs & Cals

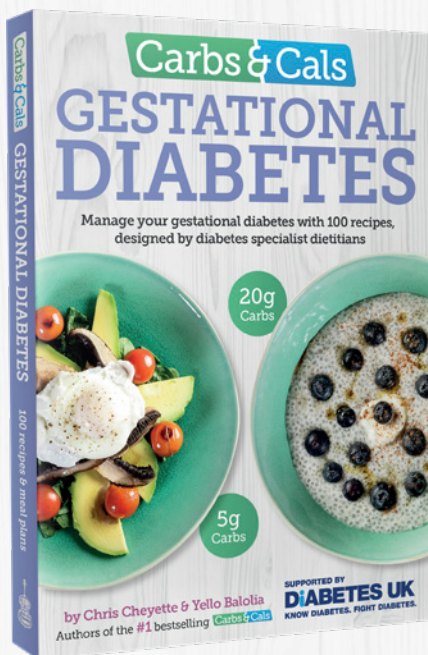
Visual resources for diabetes,
weight loss & healthy eating

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.

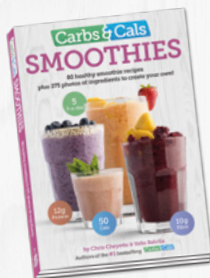
Available NOW at:

www.carbsandcals.com

More products overleaf too!

MORE FROM Carbs & Cals

Visual resources for diabetes, weight loss & healthy eating



SMOOTHIES



SALADS



SOUPS



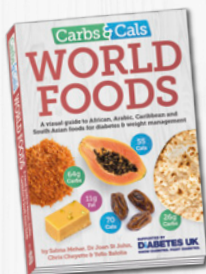
LOW CALORIE MEAL PLANS



CARB & CAL COUNTER



POCKET COUNTER



WORLD FOODS



MOBILE APP



FLASH CARDS

**PLUS...
FREE HEALTH
RESOURCES**

FREE!

- ★ Register online for FREE access to 50 PDF resources
- ★ www.carbsandcals.com/register



www.carbsandcals.com