

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
food

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



Over 2,000 amazing reviews!

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

Michelle W

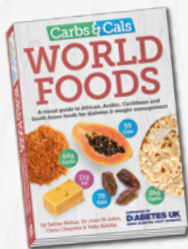
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DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

www.carbsandcals.com

More products overleaf too! →

MORE FROM Carbs & Cals

Visual resources for diabetes, weight loss & healthy eating



WORLD FOODS



SALADS



SMOOTHIES



SOUPS



LOW CAL RECIPES



5:2 DIET PHOTOS



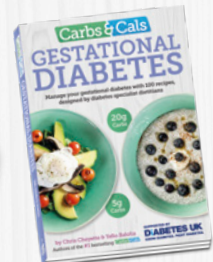
POCKET COUNTER



MOBILE APP



FLASH CARDS



GESTATIONAL DIABETES

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