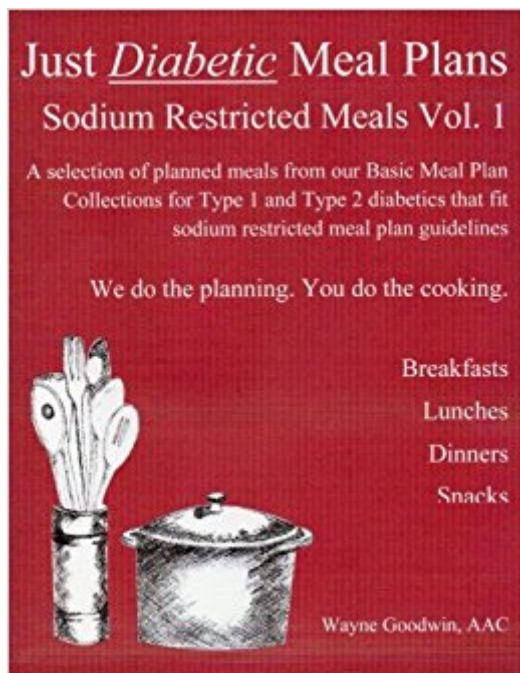


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Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A Selection Of Planned Meals From Our Basic Meal Plan Collections For Type 1 And Type 2 ... Fit Sodium Restricted Meal Plan Guidelines



Synopsis

Our low sodium individual meal plans are perfect for Type 1 or Type 2 diabetics on a sodium-restricted diet who are having problems finding complete diabetic meal plans or are tired of finding recipes but having to plan meals around them. They are for people who wish they could find complete meal plans with exciting food and simple recipes and are looking to keep blood sugars more stable and sodium intake to a minimum. They are wonderful for people who need to maintain or lose weight without feeling deprived. We do all the planning for you. Our complete low sodium individual meal plans can be used if you count carbs or follow a low Glycemic Index regimen and must restrict sodium intake. All of our low sodium Individual meal plans are designed to follow the currently published USDA guidelines for % Carbohydrate, Protein, Fat, Saturated Fat and sodium. All low sodium individual meal plans average less than 1.0 mg sodium per calorie and are designed in collaboration with and reviewed by a registered dietitian before publication. Our low sodium Individual meal plans all include portion sizes for 1400, 1800 and 2200 cal per day. Adjustment to other diet sizes is easy because calorie counts are listed for every meal item. Consult your doctor, certified diabetic educator or dietitian for your appropriate daily caloric intake. Since many experts encourage two snacks per day, the caloric value of our main meal portions reflect having two snacks. So do not skip them. If you do not have two snacks per day, you may want to consult your dietician about where to add the calories not consumed at snack time. We do not publish low sodium individual meal plans with a High Glycemic Index. And only rarely do we publish meal plans with a Medium Glycemic Index. All of our low sodium individual meal plans have the Sodium, Available Carbs and Glycemic Index listed.

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