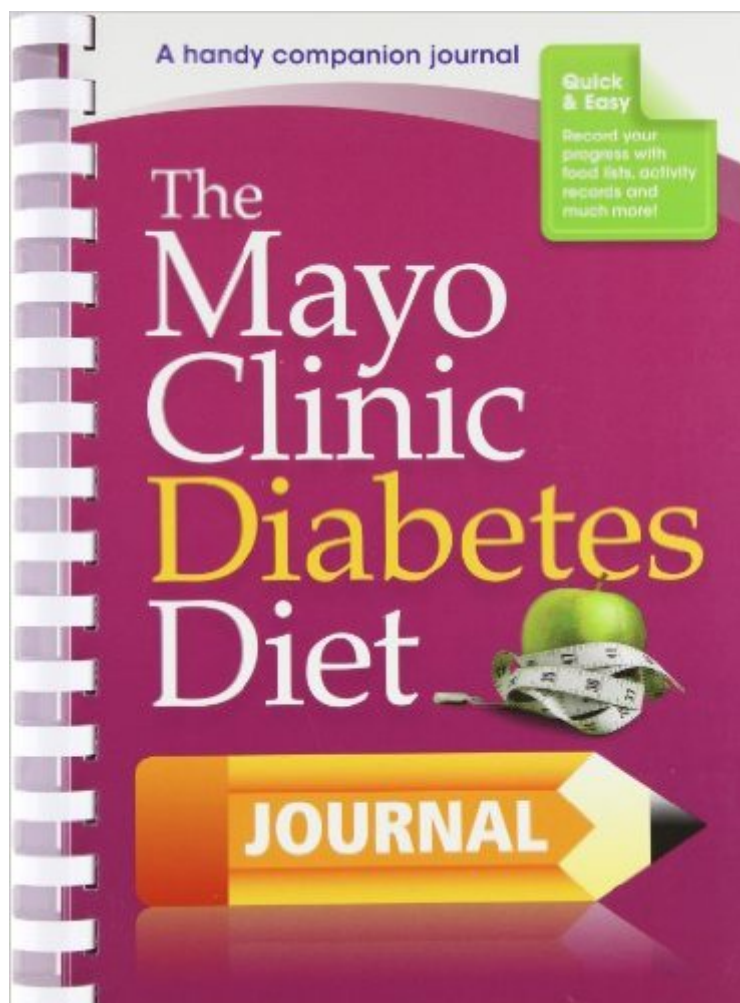


The book was found

# The Mayo Clinic Diabetes Diet Journal: A Handy Companion Journal



## Synopsis

The essential companion to The Mayo Clinic Diabetes Diet, this journal will making losing weight just a little bit easier. Full of weight-loss tips, this journal is the perfect place to track what you've eaten, how you've exercised, and the amount of your weight loss. The Mayo Clinic Diabetes Diet Journal is the essential companion to The Mayo Clinic Diabetes Diet. The Mayo Clinic Diet Journal includes: The Lose It! quick-start section, which helps you keep track as you add 5 habits, break 5 habits, and adopt 5 bonus habits. The Live It! section, which makes losing weight easier as you follow the Mayo Clinic Healthy Weight Pyramid, record your activity each day, and keep track of your goals. Also included in this handy Journal are forms to create a weekly shopping list, menus, and places for notes to yourself. Each section includes space for you to reflect on your week, as well as to record your weight loss. Losing weight with The Mayo Clinic Diabetes Diet just got a little bit easier with help from The Mayo Clinic Diabetes Diet Journal.

## Book Information

Diary: 224 pages

Publisher: Da Capo Lifelong Books; 1 Csm Jou edition (November 1, 2011)

Language: English

ISBN-10: 1561487317

ISBN-13: 978-1561487318

Product Dimensions: 7 x 0.8 x 6 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (71 customer reviews)

Best Sellers Rank: #42,501 in Books (See Top 100 in Books) #58 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #218 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#) #783 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

This journal is a really nice in that it is simple to use. Directions on how to use it are in both the journal and in the Mayo Clinic Diabetes Diet book as well. There is a place to write down what motivates you want to lose weight and why is it important to you. Then there is daily goals for you to write along with exercise, food eaten, and spots to write down you blood glucose levels. After the first two weeks the journal changes but still remains easy to use. In the second phase you have spots to plan your diet, exercise, and shopping list, and then there are the daily pages where you

still list exercise, daily goal, food eaten, and glucose levels. All in all I really like this journal along with the diet which is easy to follow, understand and stick to. I have found it very nice in those ways and have actually been successful in losing weight.

This Journal is exceptional! I used up the first one and am now on my second!! You can keep track of everything necessary to insure you are eating and exercising properly, including Weight, food by types, i.e. carbohydrates, snacks, fresh fruit. You can set goals, determine what worked and what didn't! There are recipes, shopping lists - all in one convenient place!

I thought about passing on purchasing this and just writing my info down myself but the sections are well organized and it is easy to fill it out. It asks for more information than I would have originally thought to keep track of and it has been keeping me motivated to keep going. Just checking off is quickly and easier than writing everything down. Glad I purchased it.

Or create your own form on a computer. Maybe it is okay, but I eat more than 10 items of food a day. That is how many lines the book provides to write down how much you eat - 10 lines! But, they give 4 lines for activities. I guess that makes their point - exercise more, eat less.

The journal is an absolute must for the Mayo Diabetic diet book. They are the best books out there for diabetics. They help you to understand and follow a normal diabetic diet and even better at helping you with a dieting diabetic. I've purchased many diet books, etc. for diabetics and none of them are in the same class as these two. I wish I had found them earlier.

Together with "The Mayo Clinic Diabetes Diet". you have the perfect personal trainer, teacher, counselor, diet expert... Most important, this journal lets you get to know your weaknesses, strengths, gives you time and space to accomplish your goals, teaches how to read labels and helps you be on track with your progress. It is like having a friend by your side looking at your ups and downs, helping you to get rid of old habits and acquiring healthier ones. With the help of this handy and easy to carry journal I lost 18 pounds in two weeks and counting... In a few words, indeed, a real good purchase!

**ABSOLUTELY HATE THIS JOURNAL AND WILL NOT BE USING IT. I JUST WASTED MY MONEY.** Unfortunately I am on disability so my money doesn't stretch very far. The layout is poor,

about half the book is wasted space I could have used to write in my info. They put huge pictures of the food pyramid on every page, so you can't even write in those places...its a dark pink...and it's not set up in a uniform manner and with the lines and titles like I need. No place for logging blood sugar levels and what you ate etc...its just a lot of stupid nonsense that is unnessessary info for the serious diabetic who needs help keeping track of their disease and how to remedy it. Will give it away or resell it. Maybe even trash it!! Thank goodness I only paid 5 dollars plus shipping. Wish I had bought from a bookstore cause I would go take it back!

I purchased the Diabetes Diet book and this journal. Writing everything down daily has proven to be an eye opener and disciplined me into seriously working to become healthier. I have used it for one week and can see where improvement is needed to help me stay the course and reach my goal. I would recommend this product, in conjunction with the diet book, as a effective way to change eating habits to become healthy.

[Download to continue reading...](#)

Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) The Mayo Clinic Diabetes Diet Journal: A handy companion journal Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Mayo Clinic Gastrointestinal Imaging Review (Mayo Clinic Scientific Press) Mayo Clinic Gastroenterology and Hepatology Board Review (Mayo Clinic Scientific Press) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Diabetes: Diabetes Black Book: Reverse Diabetes

Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Diabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes)

[Dmca](#)