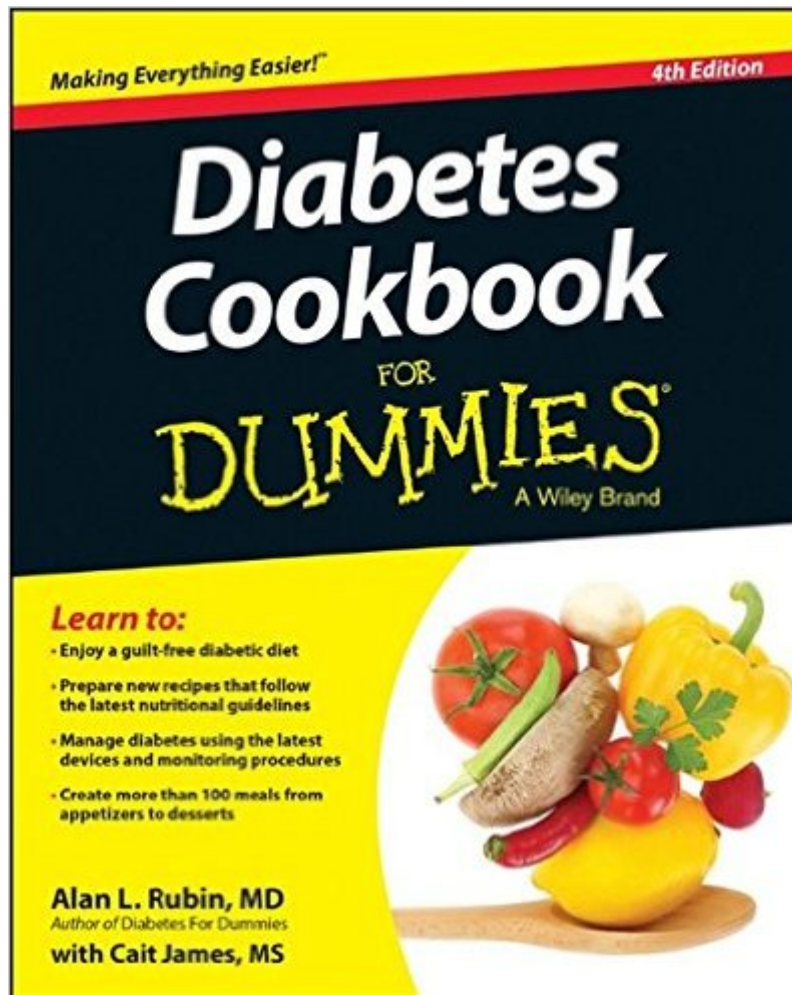


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# Diabetes Cookbook For Dummies



## Synopsis

Discover how to eat a well-balanced diabetic diet Diabetes Cookbook For Dummies gives you everything you need to create healthy and diabetic-friendly meals. In this revised and updated edition, you'll discover how easy it is to manage diabetes through diet. With tons of new recipesâmany of them vegetarianâand the latest information on diabetes testing, monitoring, and maintenance, this book will help guide you down a path to a healthier you. With an anticipated price tag close to \$3.4 billion annually by the year 2020, diabetes is one of the costliest health hazards in the U.S. If you're one of the 25.8 million Americans suffering from diabetes, this hands-on, friendly guide arms you with the most up-to-date nutritional information and shows you how to start cookingâand eatingâyour way to better health. Offers 100+ new and revised diabetic recipes for every meal of the day Features changes in fat, carbohydrate, and protein recommendations that parallel the meal plan recommendations of the American Diabetes Association Covers how to make smart choices when eating out, shopping for food, and setting up a diabetic kitchen Introduces ways to involve diabetic children in meal planning and preparation If you're diabetic and want to learn how to make lifestyle changes that count, Diabetes Cookbook For Dummies shows you how the food you eat can help treat, prevent, and manage diabetes.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (21 customer reviews)

Best Sellers Rank: #31,371 in Books (See Top 100 in Books) #48 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #460 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments

## Customer Reviews

This book contains very good and updated information for diabetics. Very helpful to me and will be my go-to book for reference, tips and some very good recipes.

Has lots of great recipes ~ happy to see we could eat real food and diabetes wasn't a sentence for blah meals.

These three gave me a lot of help in getting a start on the ins and outs of diabetes.

A lot of high glycemic and high starch foods in here. Not necessarily healthy recipes.

A++++Great product!!!Professional!!!!Fast delivery!!!Great seller!!!

Received as described, fast shipping, it helps.

We needed this. Good information!!

Very good book self explanatory!

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