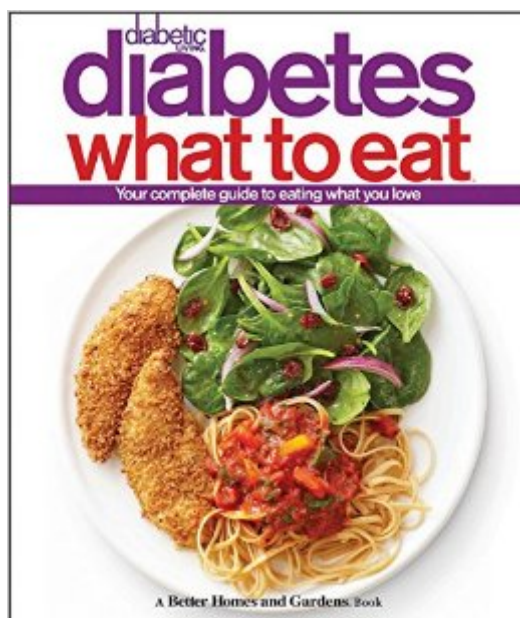


The book was found

Diabetic Living Diabetes What To Eat



Synopsis

The essential cookbook and everyday guide on what to eat when you have diabetes Diabetic Living® magazine's trustworthy resource for anyone living with diabetes gives over 200 recipes and essential advice on what to eat in order to control blood sugar, feel better, and enjoy delicious meals every day. Enjoy carb-smart recipes like Beef Fajitas, Panko-Crusted Chicken, Speedy Pizza Bites, and Layered Brownies. In addition, you'll find the information every newly diagnosed individual needs to know to eat rightâ from how to shop for groceries and read food labels to counting carbsâ all clearly explained in the magazine's friendly, approachable style. Features include: Chapters covering breakfast, salads, soups, sandwiches, main dishes and slow-cooker suppers, desserts, snacks, and drinks More than 200 beautiful full-color photographs A complete intro chapter on controlling blood sugar, counting carbs, navigating the grocery store, stocking your pantry, and more Full nutrition information and highlighted carb counts provided for every recipe

Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (67 customer reviews)

Best Sellers Rank: #62,020 in Books (See Top 100 in Books) #89 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #1049 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #10866 inÂ Books > Textbooks

Customer Reviews

This easy to use guidebook is designed to give diabetics not only more control over their food choices but more variety to keep their food choices as creative and satisfying as possible. We love the chapter on slow cooker menu options, as well as the Vegetarian section. And What to Eat offers some out of the ordinary snack suggestions for diabetics, including Roasted Poblano Guacamole, Celery with confetti cream cheese and Spicy Tofu Lettuce Wraps. Diabetes What to Eat bills itself as a guide to eating what you love, love being the operative word. There's never a hint of deprivation

as you peruse these colorful and creative recipes, guaranteed to please everyone at the family dinner table.

I find this recipe book a waste of time. Some recipes have 50 carbs and high sugar. How is this for diabetics? I'm a new diabetic and struggle add to what I'm supposed to eat. This was supposed to help. Found it more confusing then helpful. Most recipes have all the things the doctor said to avoid: rice, pasta, corn, potatoes. Why bother

So informative, great and tasty recipes and lots of good tips. Beautiful pictures and fits with my others books on shelf.

I recently was diagnosed as prediabetes. I get the Diabetes Living magazine and have been looking for this cookbook. When I found that you had this cookbook I jumped at the chance to get it. It has many delicious recipes and I enjoy them very much.

Please I need EASY and CLASSIC recipes NOT GOURMET Dining !!!! Unfortunately I'm not interested in making recipes with 15+ ingrediants in it also. I just didn't care for the recipes also.

I have a few family members in my family with diabetes and this is a great cookbook to help you understand all about diabetes I have made a few recipes for them and they are all wonderful and easy

I am have loved Better Homes & Gardens since I was a kid. With a pre-diabetes condition that needed meds I was confused about how to count carb and what to eat. This was great on both counts. Most of the recipes were easy to make and were even loved by my husband, who is not diabetic. I would recommend this to anyone who likes to eat and wants to enjoy your meals even it you are diabetic or not.

This was a gift for my Dad. He's made several items, and reported he was very happy with them. He said some dishes have long ingredient lists and some don't, but the directions are easy to follow. This has encouraged my parents to eat at home more, which is better for them both.

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