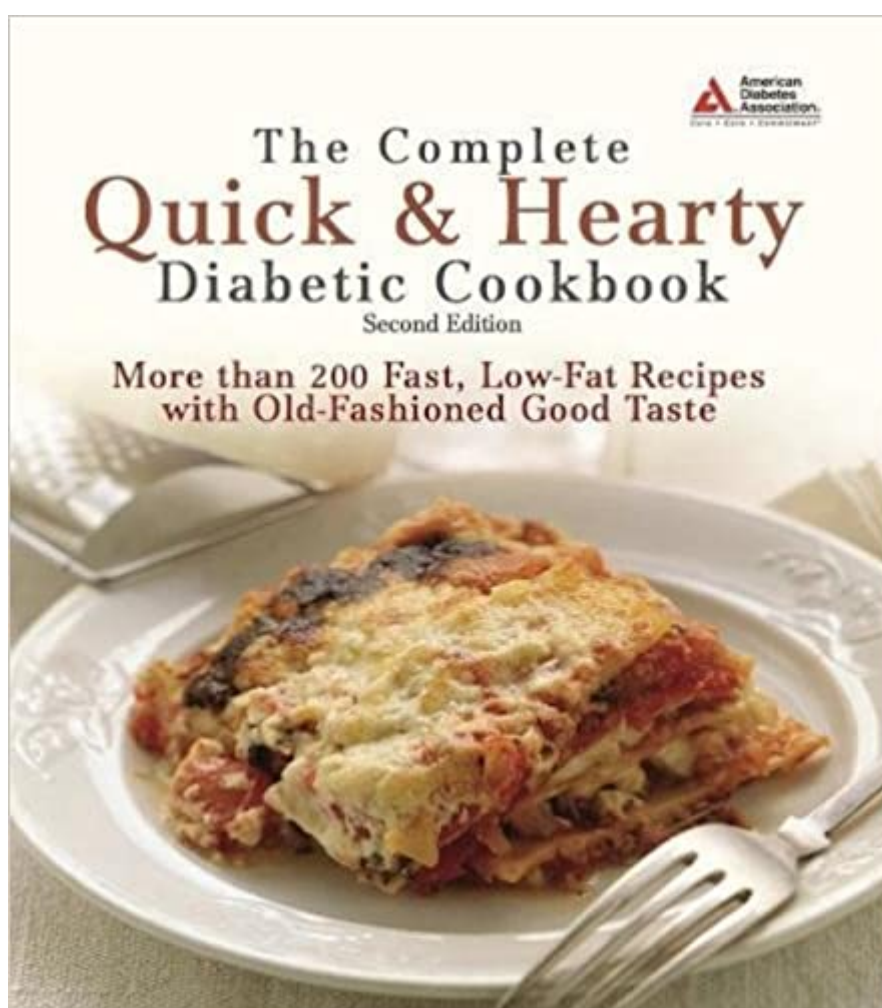


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# The Complete Quick & Hearty Diabetic Cookbook: More Than 200 Fast, Low-Fat Recipes With Old-Fashioned Good Taste



## Synopsis

The Complete Quick & Hearty Diabetic Cookbook features dozens of simple yet delicious recipes from appetizers and salads to pasta, poultry, and desserts. Choose from more than 200 fast and simple-to-make, low-fat recipes with old-fashioned good taste. These are homestyle favorites brought back in healthy and tasty versions for everyone to enjoy!

## Book Information

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Best Sellers Rank: #514,581 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #462 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #471 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

This is a good reference and starting point for anyone wanting help with diabetic meal planning. I've tried several of the recipes and found some good and others great. And surprisingly enough the meals really were quick to make, which was nice on those busy weeknights. The nutritional information that came along with each recipe was very useful in helping me decide which recipes to try. With some of the recipes, I tweaked the ingredients (to adjust for sodium content for example) and they still turned out alright. I found the chicken recipes to be the best ones. With respect to those concerned about the "high" carbohydrate content of some of the recipes in this book, I will only say this: diabetics still need carbs. Otherwise our cells will lack the fuel it needs to properly function. It's the amount of carb consumption, not the type of carb, that we should be concerned about. Too much without adequate exercise to burn it off is bad. Too little and we're no better than starving

ourselves to death. Everything in moderation. That's why good overall meal planning is important to us diabetics. I bought this book after having consulted with a registered dietician. And while she did not specifically recommend this book (or any other) she did help me with the basics of nutrition and to help me plan meals specific to my needs. It's important to note that no cookbook should replace the need to speak with a registered dietician as well as your own doctor in helping you manage your diabetes.

My husband was told he's prediabetic and needed to get his house in order so to speak. I checked this book out from the library along with several others and this is the one I'm buying. All the recipes are tasty and low in fat. They seem to balance the carbs and the protein so I don't have to worry about that aspect of cooking. I'm amazed at the things I can cook that I would normally think are verboten to someone watching calories. The mac and cheese was as good as full fat versions I've had. We've also tried the Spicy Gumbo and thought it was very tasty and all the recipes are quick with not too much preparation. I noted that one review said there were too many carbs, my husband is supposed to eat between 25 and 40 per meal so for us this was perfect.

This book may be for those who want to cook comfort food in a diabetic fashion. I was hoping for more low carb. Not too impressed with the recipes, either.

I have cooked a few of the recipe's and found them very tasty. I just found out that I'm a diabetic type 2 and my Son who is also type 2 diabetic told me about this book he loves it. This book is a must have and found it easy to follow and the food is great. Yes I would recommend it to others. Ada

Typical cookbooks have great recipes, good photos, but leave the dieter guessing what carbs and calories they contain. Not so here; my wife says they are not only easy recipes, but give her control over her intake. Try this one, you will keep it.

I had this book sent to my dad who is diabetic. My mom cooks all his meals and found this book very helpful with yummy good recipes. The price is right with easy to follow recipes.

It is a very good book. Many good recipes.

I was looking for quick diabetic recipes and as very pleased with the selection of meals nicely laid

out. I am really happy I selected this very helpful book.

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