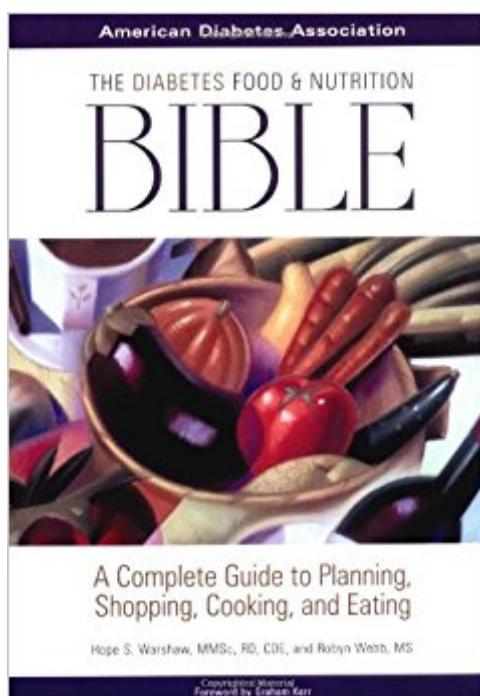


The book was found

# The Diabetes Food And Nutrition Bible : A Complete Guide To Planning, Shopping, Cooking, And Eating



## Synopsis

A comprehensive nutrition guide and cookbook in one. It features the nutrition advice you need and the flavor-rich recipes you crave -- all in one place with no flipping back and forth. Learn about superfoods with the power to protect and heal and get more than 100 delicious and nutritious recipes!

## Book Information

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## Customer Reviews

When you were diagnosed with diabetes, did you get advice to avoid sugar and lose weight with no further guidance? Were you ever given a preprinted meal plan prescribing a certain number of calories a day, but you didn't know what to do next? This book will help you fill in the blanks by supplying you with important information about eating healthier and controlling your diabetes. A food and nutrition super-resource for people with diabetes, The Diabetes Food & Nutrition Bible is written by Hope S. Warshaw, a certified diabetes educator and registered dietitian, and Robyn Webb, an expert in all things culinary and healthy. This book brings you up to date on meal planning, carb counting, vitamins, minerals, and the best ways to prepare healthy, delicious meals. In addition to being a complete food and nutrition reference, The Diabetes Food & Nutrition Bible is a cookbook that shows you how to prepare foods using Nutritional Superstars, foods such as grains, avocados, leafy green vegetables, fruits, tofu, and many more. It includes more than 100 recipes featuring 20 Nutrition Superstars complete with nutritional information, exchanges, and carb counts. There are selections on: Meal Planning Approaches -- Portion Control (the size of your servings) How to Buy,

Store, and Handle Foods -- 2 Weeks of Menus Using the Recipes How to Find a Dietitian -- Much More

Robyn Webb is an associate editor of Diabetes Forecast and the author of four cookbooks for ADA: More Diabetic Meals in 30 Minutes or Less, Diabetic Meals in 30 Minutes or Less, Flavorful Seasons, and Memorable Menus Made Easy. Hope S. Warshaw, M.M.Sc., R.D., C.D.E., is the author of ADA's Diabetes Meal Planning Made Easy and The ADA Guide to Healthy Restaurant Eating.

This is simply the best book for learning to begin to cook for a healthier you, regardless of a diagnosis of diabetes. But, you must treat it as reading material first, cookbook second. If you buy it, you Must read it through. The reviewers rating a low score could not have read it, but rather must have leafed through as one would an ordinary cookbook. If this is your casual approach to finding help for your diagnosis, rate yourself accordingly but don't blame this terrific book. Taking the time to read the book and apply oneself to practice the recipes will reap big dividends!Contained in this "less than two- inches- thick -bible" is an explanation of the disease process, a fundamental approach to coping with the problem and collateral problems such as excess weight, higher cholestral, etc. and supporting advice for these additional problems.The section providing lists of foods which contain generous amounts of nutrition, lower proportions of fats or other 'nasties'(over processing, added preservatives, refined sugars etc.), and higher amounts of fiber can be copied and taken as shopping lists because the recipes given use these very foods as ingredients.What I love the most about the book is the recipes are grouped into menus according to a calorie target at the back of the book. Although it is not setup to be a "diet" If you want to loose weight, simply select a lower calorie menu. It is set up as a healthy eating plan though so you are assured ample nutrition and no starvation. Besides dropping weight, my bad Cholestral numbers dropped as well. All this for less than fifteen dollars; outstanding value!

Since being diagnosed with type 2 diabetes, I have been on a quest to find good sources of recipes that I don't have to adapt so much to meet my medical needs. This book is a great starting point. It covers many aspects other than just cooking and I like that about it. It is still kind of old school as far as carb counts are concerned, but I found some great tips and recipes in it that I can use as staples for my menu planning.

Now that the condition called "pre-diabetic" has been recognized by the medical profession, even more people need information on meals, recipes and menu planning to aid in blood glucose control. I have just recently been diagnosed as pre- or "borderline" diabetic. Pre-diabetes and diabetes are medical conditions that are vastly under the control of the patient. We have all heard that losing weight and increasing exercise are vital to controlling diabetes. At this point I have read about six books on diabetes and this one is by far the best. Some of the books were a complete waste of money, in my opinion; for example, "Tell Me What to Eat if I Have Diabetes" was for processed and fast food junkies. All of the books present information on goals for blood glucose levels, what are carbohydrates, etc. But for me, I needed help with menu planning, balancing proteins, carbos, fats, calories, increasing fiber, etc."The Diabetes Bible" does have workable recipes - the ones I have made were very tasty. The biggest shock comes when you actually measure the serving sizes specified. A 4-ounce apple did not exist in my grocery store - they were all 8 ounces. So, if you follow their menu plans (I used the 1,200 to 1,400 calorie plan), you can eat only half that apple. It is amazing how small a half-cup portion of cooked vegetables is or two ounces of lean protein is an incredibly tiny piece (I once virtuously ate a small fish fillet, only to find out that I had consumed "four exchanges"). And one cup of milk is only a few swallows. My biggest complaint about the book is that many menus rely on reduced fat cheeses, "lite" sour cream and margarine, although they do admit you can used the real thing, but (obviously) eat even less of it. It is no lie to say that controlling pre-diabetes or diabetes is a heck of a lot of work. Given the risks of not controlling these conditions - eye damage, peripheral neuropathy, risk of heart attack and stroke - patient motivation to lose weight, increase exercise, control blood pressure and blood glucose, reduce cholesterol, etc. should be high, but it certainly is no day at the beach. The "Diabetes Bible" at least gave me some place to start.

## GREAT BOOK FOR DIABETICS

Very good book and at a great price. Received it very fast.

I bought this for my wife, who is type II diabetic. She thinks that it is the best book on the subject that she has read. Highly recommends it.

My son is a newly diagnosed diabetic and I bought the books for him. He does not live close to me so I can not help him plan his meals.

Good

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