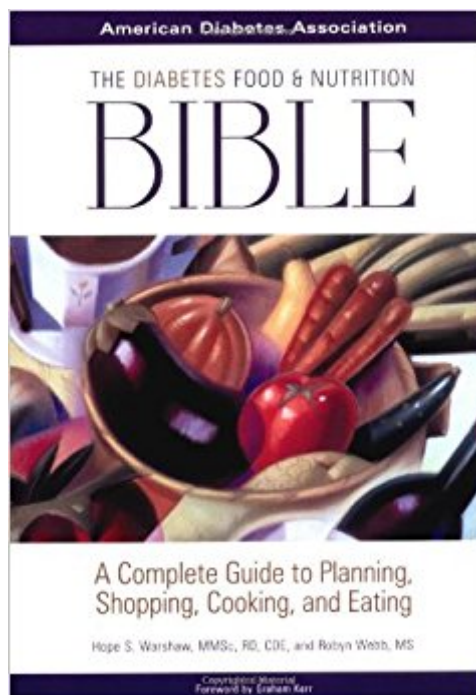


The book was found

# 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

Paperback: 320 pages

Publisher: American Diabetes Association; 1 edition (June 6, 2001)

Language: English

ISBN-10: 158040037X

ISBN-13: 978-1580400374

Product Dimensions: 10 x 7 x 0.7 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #1,275,117 in Books (See Top 100 in Books) #101 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #872 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #978 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

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.

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