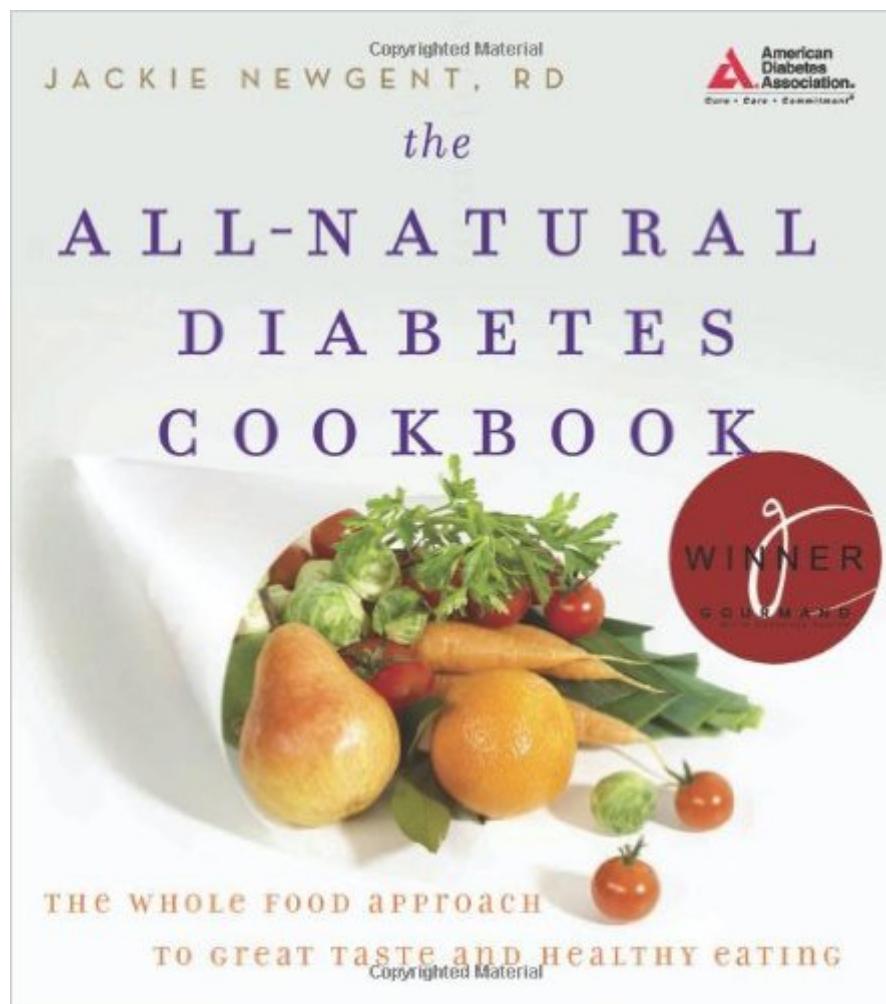


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# The All-Natural Diabetes Cookbook



## Synopsis

Most diabetes cookbooks rely on artificial sweeteners or not-so-real substitutions to reduce calories, sugar, and fat, but often at the expense of flavor. The All-Natural Diabetes Cookbook takes a different approach, focusing on naturally delicious fresh foods and whole-food ingredients to create fantastic meals that deliver amazing taste and well-rounded nutrition. And absolutely nothing is artificial. Natural, fresh cooking isn't just healthy; it's delicious!

## Book Information

Paperback: 325 pages

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Average Customer Review: 4.3 out of 5 stars See all reviews (37 customer reviews)

Best Sellers Rank: #625,712 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #149 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #261 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic

## Customer Reviews

This cookbook provides helpful tips on how to chose organic and natural foods. Recipes are delicious and the book includes many menus ideas. The information on portion sizes, the diabetes exchange guidelines and other nutrition facts gives consumers what they need to make healthy food choices. It includes a lot of vegetarian recipes which can be easily incorporated in a person's weekly food choices. The All-Natural Diabetes Cookbook can be a staple on the book shelf as a healthy guideline to eating more organic and natural foods in the diet. As a registered dietitian, I will recommend this book to my clients.

Compiled by nutrition expert Jackie Newgent (a regular contributor to 'Weight Watchers Magazine', a chef instructor at the Institute of Culinary Education, and former American Dietetic Association National media spokesperson), "The All-Natural Diabetes Cookbook: The Whole food Approach To Great Tastes And Healthy Eating" features more than 150 dishes, the recipes for which avoid any

artificial elements or ingredients. This impressive and thoroughly 'kitchen cook friendly' compendium of recipes are specifically designed for people with diabetes and ranges from Homemade Granola-Raspberry Parfaits; Scallion Yogurt Cheese; Mesclun Salad with Bosc pears, Pecans, and Blue Cheese; and Sweet Potato Burrito Spirals with Bell Pepper-Avocado 'Creme' Sauce; to Lemony Stuffed Grape Leaves; Creole-Style Red Beans and Rice; Honey Hot Cocoa Au Lait; and Mini Vanilli Cupcakes with Cherries on Top. Enhanced with facts, tips, and ideas to give good food a great flair, "The All-Natural Diabetes Cookbook" is a 'must' for diabetics wanting gourmet quality cuisine that they can prepare and consume with safety and gusto.

I love this cookbook. Great recipes, without a ton of ingredients. The focus on clean eating is a refreshing change from all the books that call for artificial ingredients.

I appreciate the author writing an all-natural cookbook for diabetics. It is so refreshing to see a cookbook for people with diabetes that does not use or recommend artificial sweeteners and other artificial low-fat ingredients. My husband has diabetes and it is possible to eat well with diabetes without resorting to "artificial foods". I love the tips and her wholesome approach to meal planning.

Every question I could think of is answered in the first 25 pages. And then the flavorful recipes begin, laid out in friendly-fashion with the added bonus of exchanges, Fresh Facts and Food Flair tips for each recipe. Nice size book, large type, and I like the emphasize on "fresh is best."

Jackie's book is a fabulous combination of sound and accurate nutrition advice packed with creative and delicious recipes. Tips and fun facts educate and entertain the reader and the recipes contain natural and flavorful ingredients. I recommend this book to clients and friends regularly; it is definitely a must have for anyone's cookbook collection!

I am originally from Louisiana, and French, Cajun, and Italian dishes (the more complicated and richer, the better) are second nature to me, but at 56 I was unexpectedly diagnosed with Type II diabetes. By inclination, I am one of those persons who doesn't care how "good" something is for me -- if it doesn't taste good, I'm not going to eat it! And I despise the "taste" of artificial sweeteners, and don't believe they do my body any good either. Well, after having this book a week, I've discovered that the author seems to have an excellent set of priorities: (1) Food should look and taste good; (2) it shouldn't take forever to prepare; (3) it should follow sound thinking for helping you

get your diabetes under control. Although I consider myself an innovative cook, I would never have thought of marinating fresh sliced strawberries in balsamic vinegar. Delicious! Or how about a breakfast patty made from chopped granny smith apples and chicken breasts? In short, if you have diabetes or cook for someone suffering from it, I highly recommend this book. If you are short of time, and just want to eat healthier, this simple book is very enjoyable and creative!

Jackie Newgent has finally come out with a book that showcases her tremendous talent as a culinary nutritionist. While the cookbook is geared to diabetics, it offers a delicious mix of recipes incorporating whole foods and all-natural ingredients that all health conscious consumers will savor. I highly recommend this book to anyone looking to prepare healthy food that tastes absolutely delicious!

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