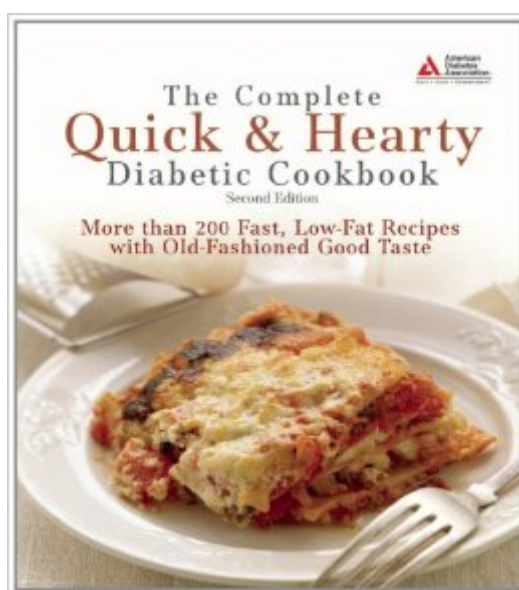


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# The Complete Quick & Hearty Diabetic Cookbook: More Than 200 Fast, Low-Fat Recipes With Old-Fashioned Good Taste



## 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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Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (22 customer reviews)

Best Sellers Rank: #361,483 in Books (See Top 100 in Books) #40 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #372 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #415 in Â Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

I received this book for Christmas and it a major disappointment. I am a diabetic and very concerned about carbohydrates and associated glucose. This book strives to make every recipe as low-fat as possible, which is good as far as trying to reduce calories and aid weight loss; however, if you are diabetic and concerned with carbohydrates and glucose, it can do more harm than good. The majority of the recipes are laden with high carbohydrates such as bread crumbs, rice, potatoes, high-sugar fruits, and other items. Of the over 250 recipes, there are only 51 that I would even consider for my own use. The others are so outrageously high in carbohydrates that they could possible harm someone. The sad part is that since this book is by the American Diabetes Association, some people will think they can use any recipe in this book and be OK. In this day and age it is unconscionable not to take the total carbohydrate grams of a serving into account when compiling such a book. In my opinion, only one-fifth of the book is of value in that respect, and the other recipes could result in hyperglycemic conditions and should not be used.

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.

One of the most appreciated aspects of the American Diabetes Association is the publishing of cookbooks specifically designed for the needs of diabetics and pre-diabetics who must transition from unhealthy diets to healthy ones. Now in a newly updated and expanded second edition, "The Complete Quick & Hearty Diabetic Cookbook" continues their outstanding series of culinary compendiums by showcasing more than two hundred delicious, low-fat recipes that are thoroughly 'kitchen cook friendly' in their preparation (especially when under time constraints for today's busy schedules) while highlighting 'old-fashioned good taste'. Ranging from English Beef Stew; Linguine with Garlic Broccoli Sauce; and Oven-Baked Chicken Tenders; to Grilled Salmon with Dill Sauce; Artichokes Parmesan; and Griddle Corn Cakes, "The Complete Quick & Hearty Diabetic Cookbook" is an enthusiastically recommended compendium of palate pleasing, appetite satisfying, diabetes compatible dishes. Another also very highly recommended additions to diabetic friendly cookbook collections from the American Diabetes Association is their new edition of "One Pot Meals For People With Diabetes (9781580402637, \$14.95) presenting more than 125 quick and easy recipes for soups, stews, casseroles, and more. Also not to be overlooked in a newly expanded second addition is the American Diabetes Association's "Quick & Easy Diabetic Recipes For One" (9781580402644, \$14.95) which in addition to a culinary wealth of delicious dishes, includes helpful tips on meal planning, shopping, food preparation, and food storage for diabetics living on their own.

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.

I am pre-diabetic. That means my blood sugar lab result is close to full-blown diabetes. I'm trying to avoid the full-blown. So, I bought this book. I'm so glad I found it! I love the familiar, homestyle recipes. I haven't yet tried fructose, an ingredient used. But Splenda has a 50/50 product, half sugar-half Splenda that I'm using. There is a wonderful lowfat, low sugar recipe for scones. Helpful black and white photographs are included. The print is large. Each recipe only takes up one page. There are no extraneous health tips which I don't need in a cookbook. The recipes are mouth watering. I highly recommend this book! I just hope it never goes out of print.

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