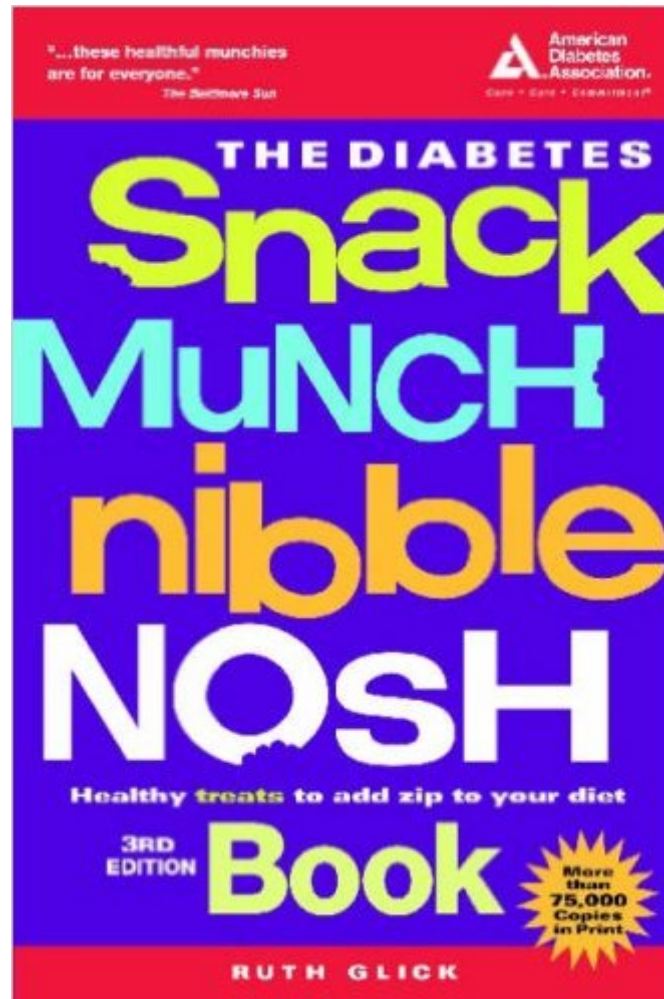


The book was found

The Diabetes Snack Munch Nibble Nosh Book



Synopsis

Health recipes perfect for any diet This second edition of this American Diabetes Association bestseller offers you 175 easy-to-prepare and healthy recipes with complete nutrition facts, preparation times, and easy-to-follow instructions. Each recipe is low in fat, saturated fat, and sodium.

Book Information

Paperback: 215 pages

Publisher: American Diabetes Association; 3 edition (May 25, 2006)

Language: English

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Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

Best Sellers Rank: #1,412,237 in Books (See Top 100 in Books) #112 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #979 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #1064 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

I recently ordered this book along with The Diabetes Snack Munch Nibble Nosh Book and to my surprise when I read through them they are exactly the same book under a different publisher and cover. The recipes look wonderful and I know for a fact that the Pumpkin muffins are wonderful. I was very disappointed to find that I had ordered the same book and frustrated that I now have to return one.

Ruth Glick has put together a book of great ideas for a healthy snack. Some are so simple, can't believe I haven't tried them before. Many can serve as a meal in themselves. Yes, some take a little more effort than you feel like some days for a snack, but they are well worth it. Can't wait to make more of the recipes.

The problem with snacks which are good for you is they seldom taste good as those not so good, and are usually more time-consuming to prepare. That's why SNACK ATTACK helps on so many

levels: it offers speedy tasty snacks for adults and kids alike, pairing recipes with nutritional analysis for quick choices. From pumpkin pie-spiced Hawaiian Meatballs to Bean and Pasta Soup with Sausage, dishes have been modified for healthy results and offer plenty of easy alternatives to less desirable foods. Recommended both for health libraries and diabetics. Diane C. Donovan California Bookwatch

This book has made it easier to find tasty recipes that I can eat. I am losing weight but not feeling deprived because I can snack and even eat desserts and the recipes that I have tried from this book have been tasty and easy to make.

In some circles "Snack Attack" is touted as a good reference "snack" cookbook for diabetics and while there are some quaint ideas for good snacks, the book is only moderately useable for diabetics. Peruse the margins for the nutritional information and you may soon realize that these "Guilt-free Treats" may only be relatively healthy depending on your current diet. But for diabetics... be very careful: too much sugar and too many carbohydrates per meal, per serving.

A great book. Lots of healthy alternative snack choices for all occasions. I love it.

It had some good recipes to try but for the most part not anything great. A lot of it is time consuming and not a "ready" snack.

This book had a lot of fun and easy ways to stay healthy and still be able to enjoy certain foods we crave!

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