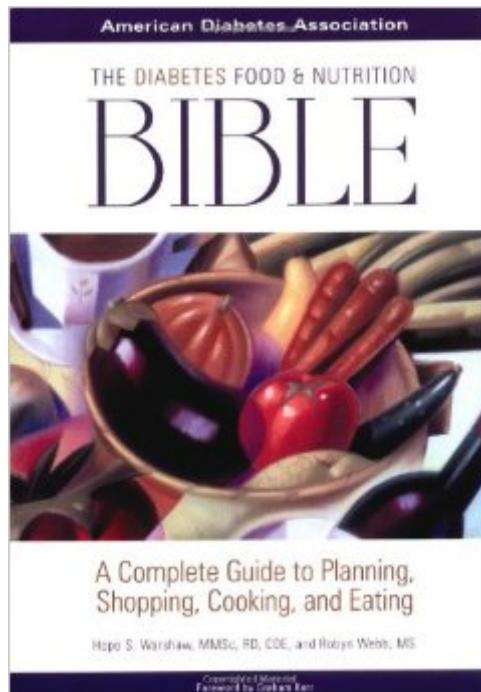


The book was found

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 starsÂ [See all reviewsÂ \(17 customer reviews\)](#)

Best Sellers Rank: #1,275,117 in Books (See Top 100 in Books) #101 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #872 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #978 inÂ 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.

[Download to continue reading...](#)

The Diabetes Food and Nutrition Bible : A Complete Guide to Planning, Shopping, Cooking, and Eating Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes

Solution) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) Diabetes Diet: Eating Guide for Diabetics & Delicious Recipes for Diabetes Diet (Diabetes Food, Diabetic Cookbook, Control Blood Sugar, Diabetes Cure, Diabetic Living)

[Dmca](#)