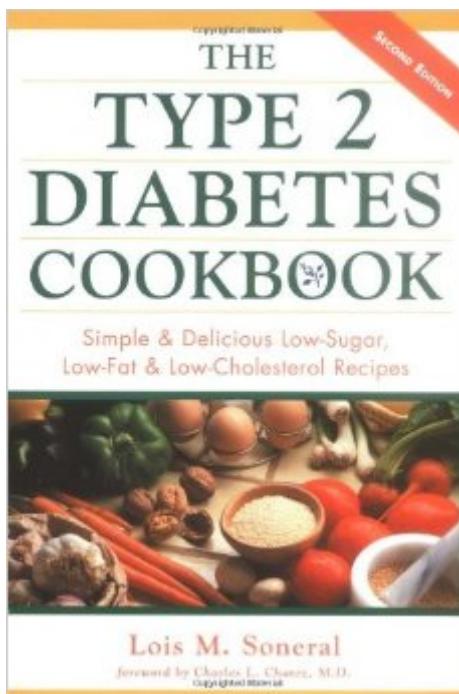


The book was found

The Type 2 Diabetes Cookbook : Simple & Delicious Low-Sugar, Low-Fat, & Low-Cholesterol Recipes



Synopsis

Offers wholesome and customized recipes with easily obtained ingredients that are simple, practical, healthy, and delicious. Sonera dispels the dietary myths about diabetes and includes recipe modifications for such forbidden foods as desserts, casseroles, appetizers, and snacks that are low in sugar, fat, and cholesterol and don't compromise flavor. The Type 2 Diabetes Cookbook contains updated nutritional information and recipes that can be the beginning to a healthier, happier lifestyle.

Book Information

Paperback: 288 pages

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Average Customer Review: 3.7 out of 5 starsÂ See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #546,761 in Books (See Top 100 in Books) #50 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #199 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #509 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

This is a wonderful book. It has useful information about diabetes, including the effects of stress. It contains many useful charts. One of the best features of this book are popular recipies that have been adapted for a diabetic diet. You don't have to sacrifice enjoyment in order to eat well. It does contain ingredients that myth declares taboo. This book will show you how to use foods in a healthy way. If you are using books that were written 10 years ago, I would replace them with this and similar books. This book is up-to-date with medical findings.

This book contained many simple and quick recipes for this special diet needs of a diebetiC.

Substitutes were listed, however, some sugar is used in a few recipes.

I'm sure that there is possibly some "misinformation" in some of these recipes. In my experience,

since people are all different, flavors, assumption of sugars, and difficulty or ease of preparation are all individual. Cookbooks are all guidelines that you adjust to your needs and results, and this is fine for us.

This appears to be a book with comprehensive coverage of recipes for people with pre type 2 diabetes as well as those with a full on diagnosis. What it really contains is loads of recipes for desserts and sweets. If that's all you want to eat, great. However, if you are looking for something more comprehensive with entrees, soups, meal plans and so on, this won't fill your need. I returned this book and bought instead "The Diabetes-Friendly Kitchen: 125 Recipes for Creating Healthy Meals" from The Culinary Institute of America which is available from at this link:http://www..com/gp/product/0470587784/ref=oh_details_o01_s00_i00?ie=UTF8&psc=1 Why did I give the book 5 stars? I did so because items with a higher number of stars float to the top of 's reviews and as serious as Type II Diabetes is, I thought people looking for help with a new diet should know this is not comprehensive.

I regret buying this book and I have no one to blame but myself. I have yet to find any reference to the sugar-substitute Splenda and it is just one of the reasons that I found this book quite out of date. Also I found many of the recipes far higher in sodium than my personal tastes would dictate when recipes called for canned ingredients. There are other options in our grocery stores today that give us healthier choices. It's by no means a bad cookbook - just sorely out of date. I've only had this cookbook one day and I have to say it has inspired me - to write my own.

Very good book with lots of wonderful recipes that anyone would enjoy. Healthy food prepared simply and delicious.

The book was very disappointing. It gave nothing new to the recipe's than cut the actual sugar or sweeter in half. No new ideas to lower sugar, cholesterol or carb's or truths about artificial sweeter's that will cause you to have more problems. Altho not the newest book on the market, the information in it was very old, and not useful for someone who is new to Diabetes.

My Mom was just diagnosed with type 2 diabetes. This book has been a big help thus far. It has a lot of different ideas in it for all different tastes. We've cooked several meals out of it already, and they were good.

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