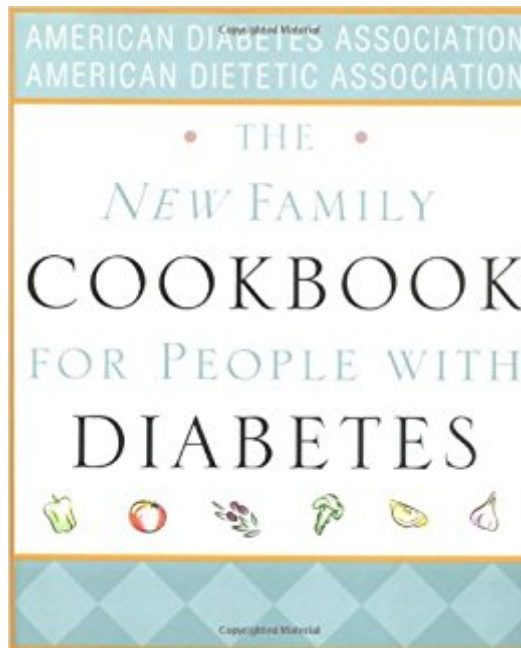




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# **The New Family Cookbook For People With Diabetes**



## Synopsis

Prepared jointly by the American Diabetes Association and The American Dietetic Association, The New Family Cookbook for People with Diabetes is the most authoritative and comprehensive cookbook available for people with diabetes and their families. With more than 375 recipes that taste as good as they are good for you, this book makes it easy to prepare satisfying and delicious meals that the whole family will enjoy. If you are a person with diabetes, you know you have to be careful about what you eat. But healthful food doesn't have to be dull, and reducing fat and calories doesn't mean giving up flavor. Why feel deprived when you could start the day with Scrambled Eggs with Ham and a hot Buttermilk Biscuit? Company coming? Everyone will enjoy a savory Cheddar Cheese Dip served with crisp raw vegetables and apple slices. Grilled Orange-Mustard Chicken with Apple-Pecan Wild Rice and steamed broccoli make a perfect family dinner, or try Shrimp and Asparagus with Fettuccine in Mustard Cream Sauce for a weekend supper. Have a hankering for something sweet? Port-Poached Pears are an elegant fat-free dessert, or indulge in heavenly Angel Food Cake with Cocoa Whipped Cream. The recipes in The New Family Cookbook for People with Diabetes are consistent with the latest diabetes recommendations and make the best use of the new lower-fat ingredients available today. Each recipe is accompanied by a nutritional analysis and the most current diabetes exchange information; recipes containing more than 400 milligrams of sodium per serving are flagged. A winning combination of the most recent nutritional recommendations and contemporary culinary tastes, The New Family Cookbook for People with Diabetes is the one book all those with diabetes should have in their kitchen library.

## Book Information

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## Customer Reviews

Getting dinner on the table is tough enough. For the millions of Americans who have diabetes or have family members with diabetes, preparing healthy and appealing meals can be nightmare. To the rescue: *The New Family Cookbook for People with Diabetes* by the American Diabetes Association and the American Dietetic Association, two of the nation's leading sources for nutrition and health information. The authors chose the best recipes from four previous diabetic cookbooks and updated them using the newest and healthiest ingredients and the latest nutrition recommendations for people with diabetes. The book contains 13 chapters and more than 400 easy recipes for everything from Miniature Crab Puffs and Turkey Sausage with Peppers and Onions to Moo Shu Pork and New York Cheesecake. The authors cover all the basics of a diabetic diet and lifestyle, including exercise, carbohydrate counting, and food-exchange lists. Each recipe is also accompanied by both nutrition facts and food exchanges. *The New Family Cookbook for People with Diabetes* proves that diabetics don't have to live on carrot sticks, rice cakes, and sugar-free yogurt to keep glucose levels in check. --Ellen Albertson

The American Diabetes Association is the nation's leading voluntary health organization dedicated to improving the lives of all people affected by diabetes. Equally important is its unceasing support for research to prevent and cure this chronic disease that affects some 16 million Americans.

My wife and I love to cook and have an extensive collection of cook books we use regularly. I was told that I had to be concerned about my blood glucose and we purchased this book to learn to cook a bit more healthily. It's an excellent resource and we find ourselves re-making many of our old standby meals in a new way using slightly different ingredients. This is an outstanding resource for not only the recipes it has but also the ton of information about 'exchanges' for those needing to follow a stricter dietary regimen. There are lots and lots of appetizers recipes in there, too, which is usually overlooked by other books of this type. We find that we've been using it three times a week, anyway, and it has become a "go to" cook book. I can highly recommend it for not only its diabetic information but from just a typical cookbook as well. This books proves that you don't have to give up eating fine food while staying healthy!

I had no real idea what this cookbook would contain, except that it could possibly be loaded with raw

food or mind-numbing boring recipes. But this is a great book. It's loaded with every possible section of food, and it looks good. It also let me know that a small bit of food that I was really frightened of might be possible on rare occasions. I think that it is well worth the price.

Living with someone with CHF and diabetes is no easy feat when it comes to cooking. Many of the recipes in this book are also low in sodium. Leaving out salt and reducing sodium in other ingredients are important but so is creating good tasting food for a CHF (congestive heart failure), diabetic patient. It's hard to figure out "what to fix today" that won't have a lot of sodium or won't send the carb count through the roof. This cookbook is a good, well-written book, and when combined with books like "500 Low Sodium Recipes," by Dick Logue, and/or "The No-Salt, Lowest Sodium Cookbook," by Donald Gazzaniga, which are also sold by .com, makes it a lot easier dealing with both of the above conditions.

I purchased this item and was looking for a great cookbook that had recipes (things I can find in a supermarket) for Diabetics. I am border lined diabetic and I knew a swift change was to be at hand. It has all the recipes you could think of, from all food groups and easy to find ingredients. Anything from fish, beef, chicken to desserts, soups, sauces and even breads and more...it is truly a 'family' cookbook, healthy and tasty at that. I was impressed. I certainly got the correct book for my family. Prompt shipping. As company stated. Great price. A+ Thank you!

I absolutely love this book. Not only are the recipes great, they are made with everyday basic ingredients and taste great. Every one I've tried is a new "favorite" of mine. It keeps you from getting bored from eating the same things all the time and each recipe shows the nutritional value. This is especially helpful when your trying hard to get your sugar levels evened out. Incorporating these recipes along with working out, I've finally started to lose weight. HIGHLY RECOMMEND usage of this book as a "tool" to help with Diabetes.

Good, easy to follow recipes. Taking the guessing of calorie out of each portion. There are plenty and variety of recipes to choose from the list. contain good advice and guideline for eating. There is no picture. The Recipes is really for everyone not just diabetes.

Great recipes. I think many of the recipes online tend to be something your kids won't enjoy but these are great family recipes.

Not really useful all that much. Most of the recipes are not things I would make daily. Kind of disappointed.

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