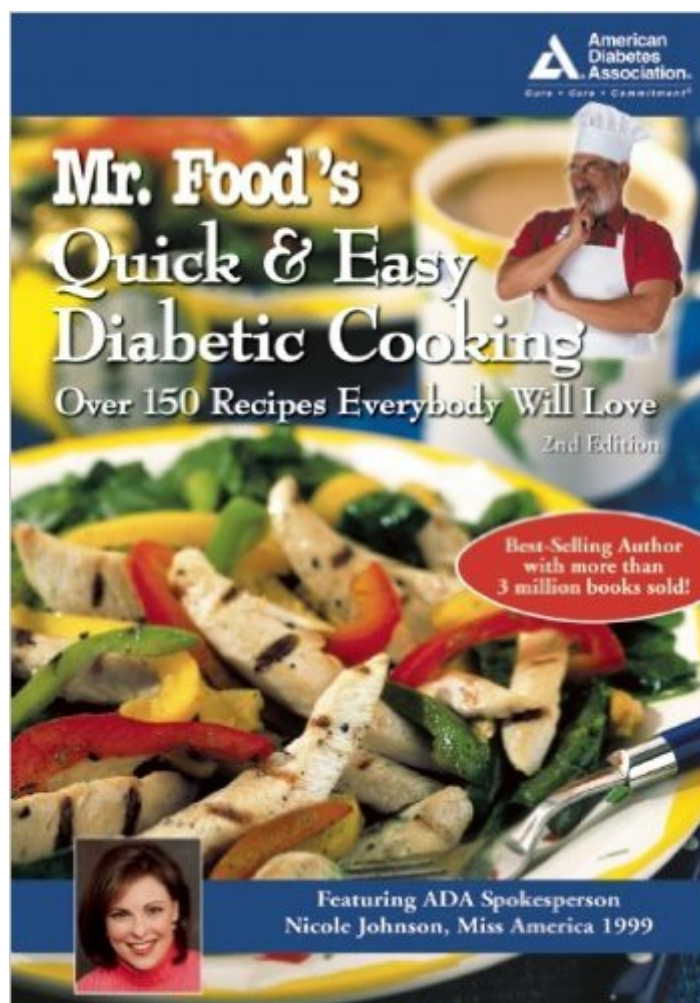


The book was found

Mr. Food's Quick And Easy Diabetic Cooking



Synopsis

This book is it - the result of Mr. Food's chance meeting with Nicole Johnson, Miss America 1999, and his desire to respond to fan requests for creative, tasty, and quick recipes for people with diabetes. With more than 150 no-nonsense recipes, plus helpful hints for keeping you on track, this book is a must-have. After all, a healthy lifestyle is vital to everyone.

Book Information

Paperback: 212 pages

Publisher: American Diabetes Association; 2nd ed. edition (December 6, 2007)

Language: English

ISBN-10: 1580402712

ISBN-13: 978-1580402712

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (19 customer reviews)

Best Sellers Rank: #684,856 in Books (See Top 100 in Books) #63 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #511 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #587 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

When Mr. Food met with Nicole Johnson, Miss America of 1999 and an international diabetes advocate, a partnership was formed which created "Mr Food's Quick & Easy Diabetic Cooking", a useful diabetic and general health food cookbook. The updated second edition packs in over 150 recipes, hints for eating lighter as a lifestyle change, and portion sizes geared to aid in diabetes control and weight loss. Recipes are very easy, offer streamlined dishes based on pre-made foods as much as possible, and will appeal to any interested in modifying their cooking habits to accommodate diabetic needs.

I ordered this book for my aunt and she loved it. She watches old reruns of his clips on tv and was pleasantly surprised to get a cookbook.

Very helpful book. It is always helpful to find as many recipes as you can when you are diabetic. This book fills the bill.

My husband who is not a diabetic is enjoy making and eating the food and has lost weight in doing so.

Great cookbook. I bought it to fix recipes for my dad who is a diabetic, but I enjoy the recipes myself!!!

the food is very easy too make, some thing you can't find in some stores, but all-in-all book is good

I used to watch Mr Food on TV and he made everything seen so easy. The recipe are easy to make and I would recommend this book to anyone.

The cookbook has great ideas and recipes. Easy to following instructions and I am very happy with this cookbook purchase.

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