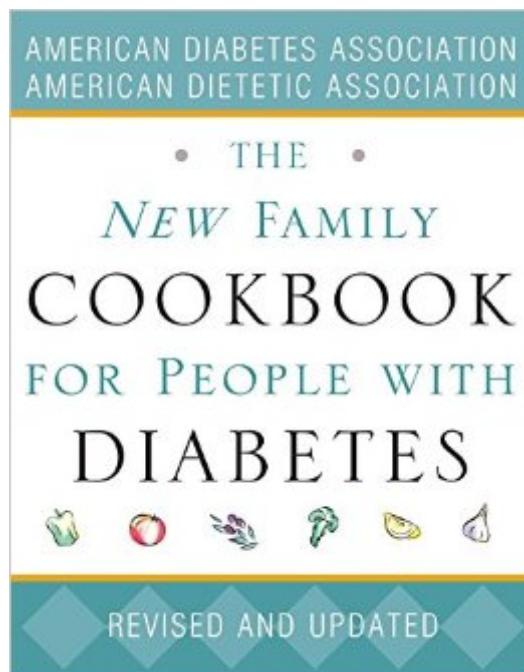


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# The New Family Cookbook For People With Diabetes



## Synopsis

Great-Tasting Food for People with Diabetes and their Families Revised and updated to reflect the latest recommendations from The American Diabetes Association and The American Dietetic Association, The New Family Cookbook for People with Diabetes remains the most authoritative and comprehensive resource available for people with diabetes and their families. With more than 370 healthful and flavorful recipes accompanied by complete nutritional analysis, this book makes it easy to prepare satisfying and delicious meals that the whole family will enjoy. RECIPES INCLUDE: Whole Wheat Blueberry Rice Pancakes - Baked Orange French Toast Black Bean and Cilantro Spread - Honey-Mustard Chicken Wings Curried Chicken Salad - Marinated Skirt Steak with Vegetable Chutney Lamb Over Minted Couscous - Italian Turkey Sausage with Peppers and Onions Baked Salmon with Horseradish Mayonnaise - Sugar Snap Peas with Basil and Lemon Baked Potato Skins - Rum Baked Black Beans - Apple Raspberry Crisp Port-Poached Pears - New York Cheesecake - Raisin Rice Pudding

## Book Information

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## Customer Reviews

Great food for the whole family. Almost everthing I eat comes from this book. (I am not taking drugs - just diet and exercise.) It has helped me lower my blood sugar 40 points in three months and so far I have not run out of new things to try. Even friends who do not have diabetes have bought the book, just for the reduced fat/low sugar/low salt recipes. It is a hit in my house.

The recipes use ingredients we all have in our kitchen. Most are quick and easy to accomplish. The recipes are so tasty, even my kids are eating these dishes! The nutrition information is a must for any family watching what they eat! Thanks!

As a Registered Dietitian, for more than 20 years, and Certified Diabetes Educator, for over 10 years, I was so distressed by reviewer comments regarding sugar in the diabetic diet, that I am taking time to respond. Since 1994 dietitians and educators working with people with diabetes have been trying to get the truth out about sucrose (sugar). Sugar is not a forbidden food for people with diabetes. Scientific evidence from more than a dozen studies has shown that the use of sugar does impair blood glucose control in people with type 1 or type 2 diabetes. Sugar and foods containing sugar must be substituted for other carbohydrates, gram for gram, and not simply added to the diabetes meal plan. In making such substitutions, the nutrient content of concentrated sweets and sucrose-containing foods, as well as the presence of other nutrients frequently ingested with sucrose, such as fat, must be considered. The bottom line for people with diabetes is to check the total carbohydrate in a recipe or on a food label and work that into their diabetes meal plan. Because there are individual variations in blood glucose response, self-monitoring is an important part of diabetes control.

I love this cookbook ! My son, age 12, was recently diagnosed with type 1 diabetes. The change in diet has been hard for him. With help from the recipes in "The New Family Cookbook for People with Diabetes", we have been able to find things that my son can have. He especially likes the Chicken Nuggets, Creamy Macaroni and Cheese, and Angel Food Cake with Cocoa Whipped Cream. There are many different types of recipes in this book. I'm sure there are some for everyones tastes.

A wonder cookbook with lots of good, easy to prepare recipes that help me stick to the diabetic diet plan my registered dietitian prepared for me. My family also enjoys many of the recipes even though they are not diabetic. The only complaint I have about the book is the index. I use the index frequently when I am looking for a specific recipe. This book does not put letters of the alphabet in the index as a location aid in finding a listing.

This is a wonderful cookbook that teaches you how to remake your favorite, basic recipes in ways that are delicious and yet lower in fat and sugar than the old-fashioned ways. My husband is

diabetic, but this cookbook is for everyone. It sits right next to Craig Claiborne ("The New York Times Cookbook") and "The Joy of Cooking" on my shelf. Unlike some of my other diabetic cookbooks, it doesn't ask for exotic ingredients that you have to run to the store to buy.

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 you're 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.

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