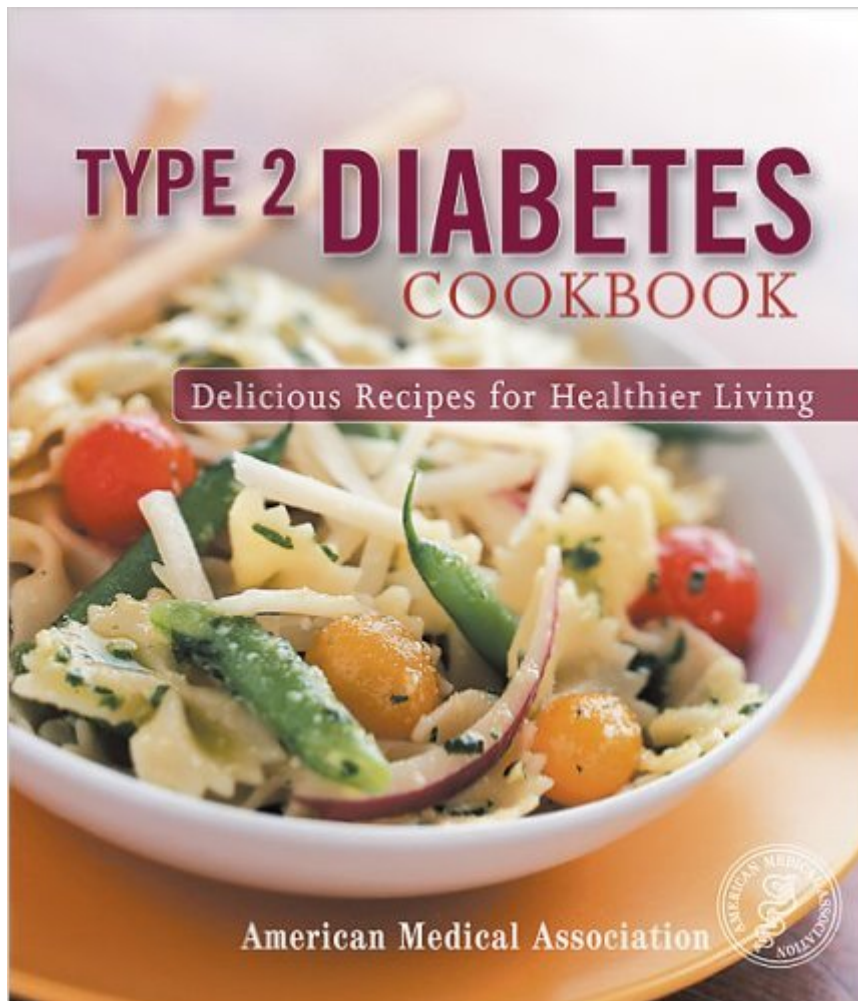


The book was found

Type 2 Diabetes Cookbook: Delicious Recipes For Healthier Living (American Medical Association)



Synopsis

Flavorful, nutritious recipes created by diabetes experts make it easier to prepare healthy meals while losing weight and to take control of type 2 diabetes. AMA-approved recipes are simple, with quick and easy main dishes, sides, soups, snacks, and desserts. A complete introduction offers the latest information on identifying type 2 diabetes risk factors, hints for fighting diabetes, setting goals for nutrition, learning about healthy and unhealthy fats, and counting calories for achieving ultimate weight loss including special guidelines for determining calorie levels for your children. Calorie counts, diabetic exchanges, and complete nutrition information for every recipe is included in an easy-to-follow format.

Book Information

Series: American Medical Association

Paperback: 144 pages

Publisher: American Medical Association (October 4, 2005)

Language: English

ISBN-10: 0696224429

ISBN-13: 978-0696224423

Product Dimensions: 8.1 x 0.5 x 9.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,277,664 in Books (See Top 100 in Books) #102 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #981 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

Customer Reviews

This cookbook is just ok. The recipes are either too simplified or are way too complicated with yucky ingredients like goat cheese and edamame. Just not realistic for everyday cooking.

I needed some ideas for diabetic recipes and this book really helped. I am glad I purchased this great cookbook!

Very nice book, with lots of colored photos of the delicious dinners described. A good value.

Carb count in so many of the recipes where way to high, especially if your feeding a hungry

husband with diabetes.

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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: 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) 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 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) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) 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: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing 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) 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 Cookbook: Delicious Recipes for Healthier Living (American Medical Association) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) 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 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: 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: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type

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