



Betty Crocker's Diabetes Cookbook: Everyday Meals, Easy as 1-2-3 (Betty Crocker Books)

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"This book is designed to make meals easy. It's our first cookbook to count Carbohydrate Choices for every recipe, following the latest guidelines of the American Diabetes Association." "You'll also turn to this book for its easy-to-follow health information, from an explanation of the types of diabetes to a nutrition primer and a medical resource guide. The section "Diabetes Care: It's in Your Hands" empowers you to understand your care process. The goal is to help you feel in control of your diabetes, instead of letting diabetes control you." "Throughout, you'll find plenty of encouragement. There's real-life advice from people with diabetes, as well as parents of kids with diabetes and other caregivers who deal with diabetes day in, day out."

"Finally, you'll find a week's worth of delicious menus, complete with breakfast, lunch, dinner and snack ideas, followed by a glossary of medical, nutrition and other diabetes terms." As a source for recipes and so much more, Betty Crocker's Diabetes Cookbook will become your all-in-one diabetes resource.

Betty Crocker's Diabetes Cookbook: Everyday Meals, Easy as 1-2-3 (Betty Crocker Books) Details

Date : Published March 7th 2003 by Betty Crocker (first published February 15th 2003)

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Author : Betty Crocker

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From Reader Review Betty Crocker's Diabetes Cookbook: Everyday Meals, Easy as 1-2-3 (Betty Crocker Books) for online ebook

Patricia Kaniasty says

Recipes look easy and delicious. No bizarre ingredients. Nutrition facts are listed for each recipe. Gotta love Betty Crocker!!

Sean says

If my kids will eat recipes from it, it has to be doing something right.

Sheila Read says

this book would be great for my mom and the rest of my family that has diabetes.

Sharon says

Good "starter" cookbook for more carb-conscious meals with straight-forward ingredients, clear directions, and nutritional breakdowns. The "hash brown" breakfast casserole was the best find ... low-fat, low-carbs, healthy, and filling ... just add salsa to finish. Ah the joys of egg whites, realized.

Stephanie Pieck says

This book offers a good starting point for those with pre-diabetes, diabetes, or anyone connected with diabetics. The combination of medical information, advice on diet, exercise, and lifestyle, and over 100 recipes for every meal was informative and easy to read. The overall tone was encouraging and upbeat, and while the language was clear and concise, the aim to make things easy to understand was achieved without seeming condescending or patronizing.

Jc says

Choke full of great recipes for the diabetic who wants to control blood glucose. I have already tried a few and was surprised at how quick and easy the recipes were to make. I cannot wait to get back to the kitchen!
