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The Type II Diabetes Cookbook: Simple And Delicious Low-Sugar, Low-Fat, And Low-Cholesterol Recipes



Synopsis

People with diabetes need wholesome foods that are not only lower in sugar but also low in fat and cholesterol. There are more than 14 million Type II diabetics in America today, and the numbers continue to grow. To avoid using insulin, Type II diabetics must change their eating habits and lifestyle. Of course, a new diet can be made more enticing by having meals that both taste good and have the necessary nutritional content. By combining proper diet with exercise and monitoring, most Type II diabetics can live active, healthy lives.

Book Information

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Customer Reviews

Lois M. Soneral is an advocate for the Michigan Diabetes Association and the American Diabetes Association. --This text refers to an out of print or unavailable edition of this title.

This appears to be a book with comprehensive coverage of recipes for people with pre type 2 diabetes as well as those with a full on diagnosis. What it really contains is loads of recipes for desserts and sweets. If that's all you want to eat, great. However, if you are looking for something more comprehensive with entrees, soups, meal plans and so on, this won't fill your need. I returned this book and bought instead "The Diabetes-Friendly Kitchen: 125 Recipes for Creating Healthy Meals" from The Culinary Institute of America which is available from [this link](http://www..com/gp/product/0470587784/ref=oh_details_o01_s00_i00?ie=UTF8&psc=1):http://www..com/gp/product/0470587784/ref=oh_details_o01_s00_i00?ie=UTF8&psc=1 Why did I give the book 5 stars? I did so because items with a higher number of stars float to the top of 's

reviews and as serious as Type II Diabetes is, I thought people looking for help with a new diet should know this is not comprehensive.

I'm sure that there is possibly some "misinformation" in some of these recipes. In my experience, since people are all different, flavors, assumption of sugars, and difficulty or ease of preparation are all individual. Cookbooks are all guidelines that you adjust to your needs and results, and this is fine for us.

Gifted to a friend recently diagnosed with diabetes. I read the intro and a bit of the back story. Very helpful even if you don't have diabetes. She loves the recipes also.

Recipes seem easy, will use this book in future. Does rely on artificial sweeteners somewhat, and my doc told me to quit them. I will use Stevia in place of those and see if it will work.

Not a top flight cookbook by any means. Type 2 diabetes presents so many challenges - a cookbook should offer greater clarity of ingredients and a wider range of options.

The book was very disappointing. It gave nothing new to the recipe's than cut the actual sugar or sweeter in half. No new ideas to lower sugar, cholesterol or carb's or truths about artificial sweeter's that will cause you to have more problems. Altho not the newest book on the market, the information in it was very old, and not useful for someone who is new to Diabetes.

I was discouraged with this cookbook by the inconsistent display of carbs information. Some recipes had it others not at all.

A very misleading book for a type 2 diabetic ! My book appeared used and was stain when I receive it....

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