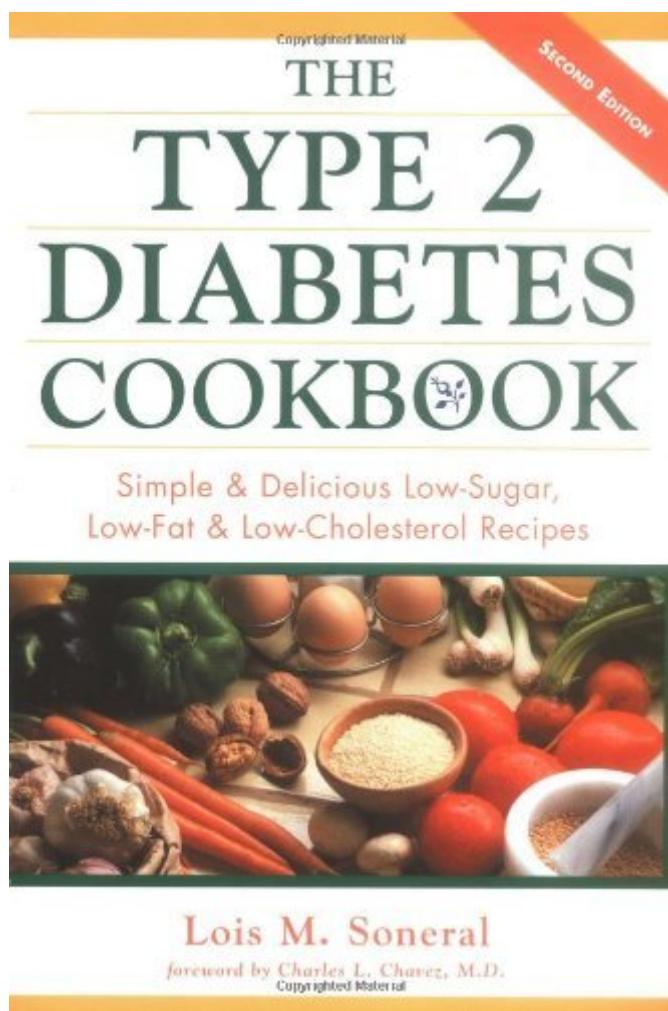


The book was found

The Type 2 Diabetes Cookbook: Simple & Delicious Low-Sugar, Low-Fat, & Low-Cholesterol Recipes (All Other Health)



Synopsis

Offers wholesome and customized recipes with easily obtained ingredients that are simple, practical, healthy, and delicious. Soneral dispels the dietary myths about diabetes and includes recipe modifications for such forbidden foods as desserts, casseroles, appetizers, and snacks that are low in sugar, fat, and cholesterol and don't compromise flavor. The Type 2 Diabetes Cookbook contains updated nutritional information and recipes that can be the beginning to a healthier, happier lifestyle.

Book Information

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Customer Reviews

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 at this link: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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Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes

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Never Knew (Diabetes Diet, Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Diabetic Nutribullet Recipe Book: 60 Delicious And Healthy Low Carb Diabetes Diet Friendly Smoothies And Juices (Diabetes Cookbook, Diabetes Diet, Type ... Lower Blood Sugar, Nutribullet Recipes)

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