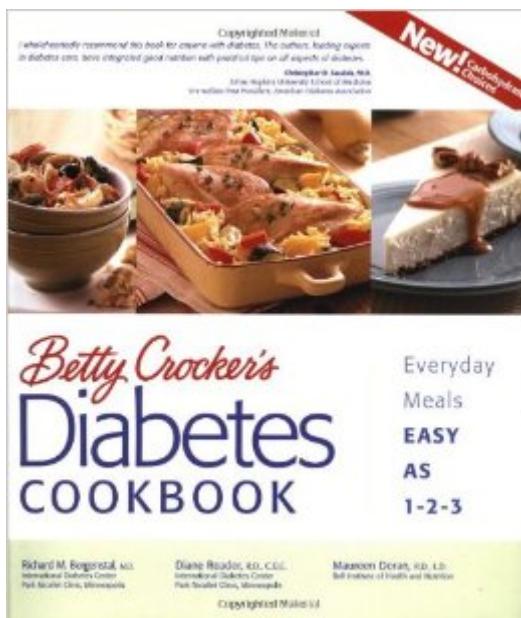


The book was found

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



Synopsis

At last! This special cookbook puts flavor and choice back on the menu for people with diabetes and their families. Betty Crocker, America's most trusted friend in the kitchen, has teamed up with the International Diabetes Center (IDC)--one of the leading medical centers--to create an indispensable source of easy-to-make recipes and up-to-the-minute food and nutrition information for the growing numbers of people who have diabetes, more than 15 million of them. Here is the first cookbook to include recipes featuring Carbohydrate Choices--the new, simplified approach to meal planning recommended by the American Diabetes Association. For people who find diet exchanges too hard, too limiting or too much work, this new method is a real breakthrough. Each of the book's 140 recipes shows the number of Carbohydrate Choices per serving, so that planning the rest of the meal is easy. From Old-Time Beef and Vegetable Stew to Creamy Vanilla-Caramel Cheesecake, the recipes are made with everyday ingredients, including sugar. No food groups or ingredients are left out, so there's no need for anyone to feel deprived or restricted to a special diet. Food exchanges are also included, making it easy for those who still count calories. Betty Crocker's Diabetes Cookbook is also packed with expert medical and nutrition tips from Dr. Richard Bergenstal, an endocrinologist and diabetes doctor, and two registered nurses--invaluable for the newly diagnosed as well as for those who have been coping with diabetes for years. Throughout the book, real-life advice from people who have diabetes offers inspiration and great ideas on dealing with this chronic disease. When it comes to eating and living with diabetes, people need guidance and advice they can trust.

Book Information

Series: Betty Crocker Books

Hardcover: 256 pages

Publisher: Betty Crocker; 1 edition (March 7, 2003)

Language: English

ISBN-10: 0764567047

ISBN-13: 978-0764567049

Product Dimensions: 9.3 x 0.8 x 10.4 inches

Shipping Weight: 2.4 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (254 customer reviews)

Best Sellers Rank: #90,477 in Books (See Top 100 in Books) #101 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #127 in Books > Cookbooks, Food

Customer Reviews

I received this cookbook as a gift so I can't offend the giver, but it is by far one of the worst cookbooks that a diabetic could possibly use. Not that it isn't pretty, and not that it doesn't contain many luscious looking dishes, but almost every recipe calls for either sugar or flour or other sugary or starchy ingredients - all catagories included, not just desserts - none of which a diabetic should ever eat. The somewhat confusing use of 'carbohydrate choices' is further dangerous, because one - and only one - 'carb choice' is worth 15 grams of actual carb and by combining several foods from this book into a single meal plan, one will be way over the limit for safety. The menu plans in the back of the book prove this - add up the number of carbohydrate choices in any one day's meal plan, and you get between 15 and 17 carb choices. Multiply that by 15 and you are looking at nearly 300 grams of carb a day. What people don't realize (because they have not been told by doctors and 'diabetes educators' who do not for some reason, continue their education in metabolism) is that the word SUGAR should be substituted for any carbohydrate. In fact, The American Diabetes Association is still using decades-old protocols which encourage huge amounts of carbs in a 'diabetic diet' that invariably fails to manage the disease. A safe and sensible diet for a diabetic either on or off insulin, must restrict sugar and starch of any kind because within minutes of hitting the bloodstream it all turns to pure glucose and out of control insulin production - the cause of diabetes. Feeding yourself more sugar only hastens complications, and they can be very bad indeed. Virtually all good low carbohydrate diets restrict carbs (sugar!) to 50 or less per day - not 50 'choices' but 50 actual carbs.

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