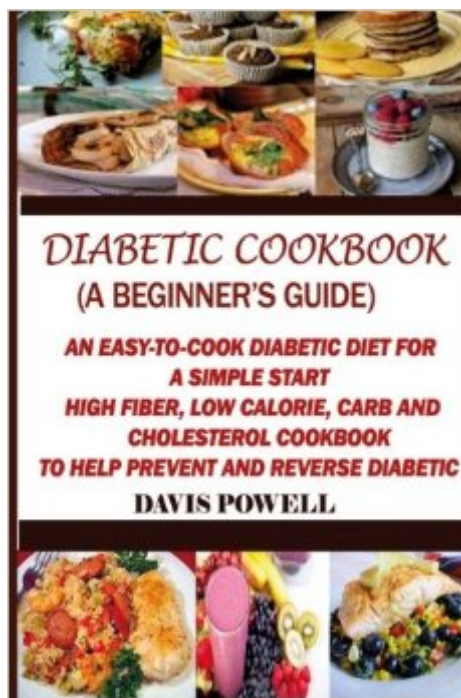


The book was found

# Diabetic Cookbook (A Beginner's Guide):: Quick, Easy-to-Cook Diabetes Diet For A Simple Start: High Fiber, Low Calorie, Carb And Cholesterol Cookbook: To Help Prevent And Reverse Diabetic



## Synopsis

HAVE YOU BEEN DIAGNOSED WITH TYPE 1 OR TYPE 2 DIABETES BUT DON'T KNOW THE RIGHT DIET TO KEEP YOU HEALTHY FOR YEARS, LOOK NO FURTHER. DIABETIC COOKBOOK (A BEGINNER'S GUIDE): QUICK EASY-TO-COOK DIABETES DIET FOR A SIMPLE START: HIGH FIBER, LOWCALORIE, CARB AND CHOLESTEROL COOKBOOK IS a collection of quick and easy to cook recipes which will help prevent and reverse your diabetic state. This cookbook is a collection of main dish/side dish recipes, salad recipes, dessert, snack and appetizer. This cookbook will guide you on how to eat surprisingly well while reducing permanent damage and eliminating future complications. Whether you are newly diagnosed of diabetes or have been told you're at risk, This cookbook will help you take control of your health and thrive.

## Book Information

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## Customer Reviews

I made a big mistake by purchasing this book. I thought I was going to get some healthy low carb/high fat diabetes friendly recipes, when instead several to too many of the recipes are in my opinion, actually dangerous for diabetics even pre-diabetics to be eating. Where in any but outdated medical literature does it state that a diabetic diet should consist of high carbohydrate low fat foods? That combination, in fact, is dangerous for most people, say nothing of diabetics who must keep their insulin moderated. Many of the recipes will lead to spikes, and God knows what else down the road. For one glaring example, and there are numerous, 'Pear and peanut butter breakfast stacks' that contain a whopping 53 grams of carbs per serving. The fact that the author has indicated that the eight graham crackers used in this recipe should be "low fat" only serves to highlight the danger

(for diabetics and others) in this recipe, and unfortunately many others like it contained in this book. I did find a recipe that's healthy if you aren't sensitive or allergic to soy, however it's really a shame to call it a recipe or put it in a recipe book that you're asking people to pay for. 'Edamame Nibbles': 6 cups of edamame and sea salt, and toss. Would be laughable if I hadn't paid my hard earned money for this "recipe book". There are also numerous misspellings throughout. Do not purchase this if you value your health and/or your money. Are the 5 and 4 star reviewers friends, or people who're maybe woefully uneducated about nutrition?! I don't know but I hope this book has hit their garbage cans before it does real damage to their bodies. This is where mine is headed. :( I don't usually write such negative reviews, but there really is a case for 0 stars.

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