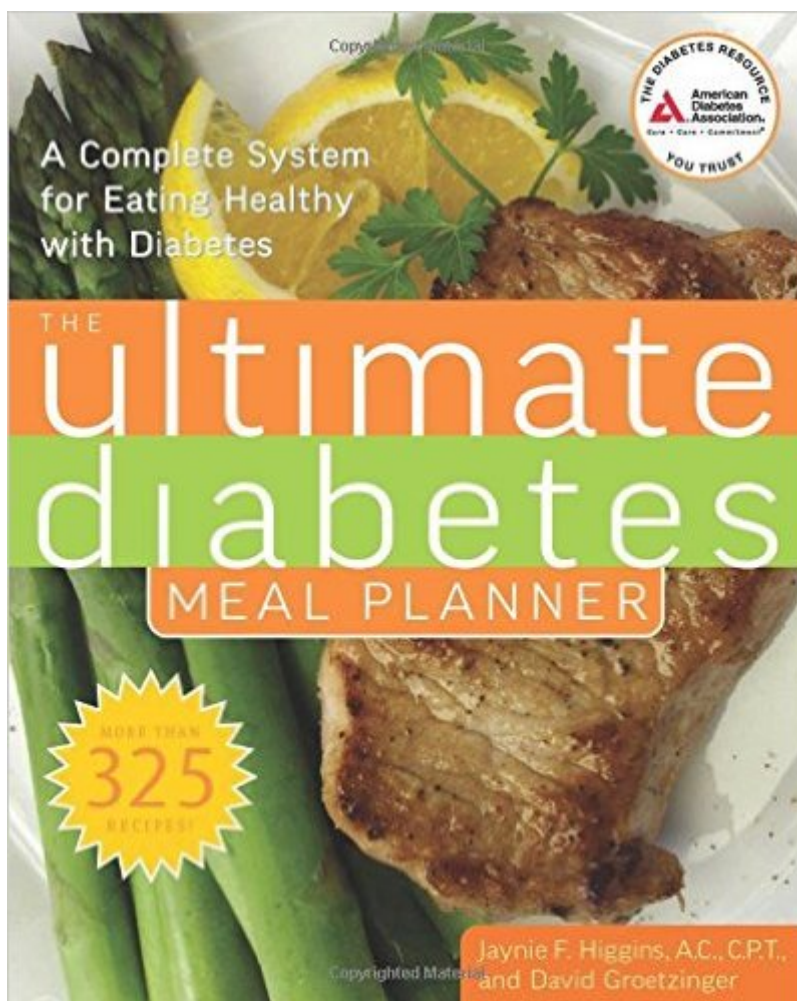


The book was found

The Ultimate Diabetes Meal Planner: A Complete System For Eating Healthy With Diabetes



Synopsis

Takes the guesswork out of what to eat for breakfast, lunch, and dinner. Knowing what to eat with diabetes can be frustrating, but it's the most important way to manage the disease. It's also the area where people give up the fastest, but with Ultimate Diabetes Meal Planner you will never have to ask "What's for dinner?" again. Ultimate Diabetes Meal Planner includes weekly plans for breakfast, lunch, dinner, and snacks, along with detailed recipes that make using the 16-week meal plan easy. The overall calorie count—based on 1500, 1800, 2000, 2200, or 2500 daily calories—lets you choose the right diet, whether you're looking for weight loss or just healthy living.

Book Information

Diary: 496 pages

Publisher: American Diabetes Association; 1 edition (January 13, 2009)

Language: English

ISBN-10: 1580402992

ISBN-13: 978-1580402996

Product Dimensions: 1 x 10 x 8 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (91 customer reviews)

Best Sellers Rank: #43,662 in Books (See Top 100 in Books) #4 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #57 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #66 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

Customer Reviews

This is a cookbook I was really looking forward to because it is written by a diabetic, not just an educator who has studied about diabetes. The author freely shares that she is type 1 and how she has to work hard to manage it. In the many cookbooks I have read, it is very rare to have one actually written by a diabetic. And her insights into what it means to try and meal plan as a diabetic are priceless. To me that is one of the greatest strengths of this book. Unfortunately the actual book didn't measure up, or give her the chance I feel she needed to shine. THE PROS: Larger font and layout makes it easier to read the recipes - this should be a standard for all diabetic books. Many meal plans and calorie levels to choose from. THE CONS: No pictures at all - I realize that it adds to the cost to put in color pictures but that's an expense I would be willing to pay. Without any pictures

it is a very text heavy book. Recipes have VERY Misleading Names-For example, take the recipe on page 288 titled, "All Natural High Fiber Peach Squares" But, it is made using Splenda which is artificial and anything but "natural". The fiber is only 2 grams which is not high fiber at all. A high fiber rating needs be 5 grams or more which, as diabetics know, anything over 5 grams can be subtracted from the total carbohydrate count - thus lowering the amount of impact the carbs will have on the blood sugar. Not enough of the author in the book-Ms. Higgins does share some from her personal experience in a few pages at the front of the book, but I feel she should have had many more pages of advice and insight scattered throughout the book.

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Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure)

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Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating

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Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes)

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