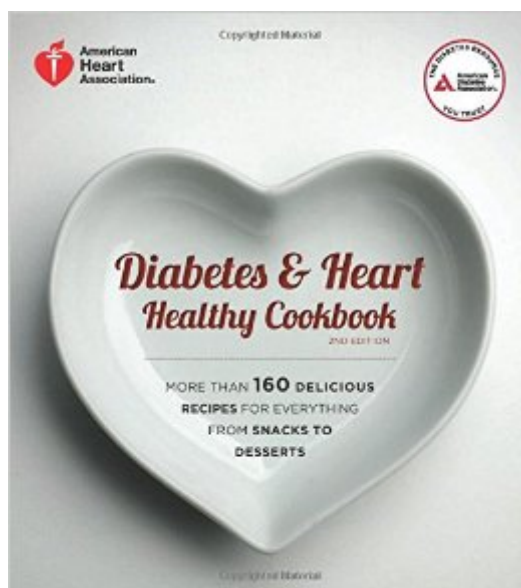


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# Diabetes And Heart Healthy Cookbook



## Synopsis

Diabetes puts people at a very high risk of having a heart attack or stroke. To address this problem, the American Heart Association and the American Diabetes Association created a heart-healthy cookbook for people with diabetes. Now, it's back in an all-new and expanded edition, including new recipes, twists on previous favorites, updated meal planning advice, and a beautiful new design. It's truly a one-of-a-kind cookbook packed with delicious recipes people will genuinely enjoy! Every recipe is low fat, carb controlled, and sodium conscious. Most importantly, every recipe tastes great. Recipes include everything from appetizers and breakfasts to dinners and desserts. With cardiovascular disease ranking number one on the list of diabetes-related complications, this is the must-have cookbook for anyone who wants to pump up his or her heart health! And it's great for those with prediabetes or people just looking to eat heart-healthier, too. The original Diabetes and Heart Healthy Cookbook was a bestseller and a reader favorite. With new and updated recipes and an all-new look, this new edition is better than ever.

## Book Information

Paperback: 260 pages

Publisher: American Diabetes Association; 2 edition (May 13, 2014)

Language: English

ISBN-10: 1580405185

ISBN-13: 978-1580405188

Product Dimensions: 0.5 x 8.2 x 9.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (120 customer reviews)

Best Sellers Rank: #27,785 in Books (See Top 100 in Books) #13 in Â Books > Cookbooks, Food & Wine > Special Diet > Low Salt #23 in Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #40 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

I got this cookbook because I wanted some healthy recipes. I have to say the I have made about ten recipes from it so far and I haven't made one that I didn't like yet. My favorite part is that the ingredients are not rare or exotic. Most of the ingredients called for, I have already. I have gone through a couple different cookbooks in the past and I have to say that this is the best one yet, and I'm not even a diabetic. I would recommend this book to both people with or without diabetes. It's great! and the receipes are good for you!!!! You won't be sorry about this purchase.

I am not a diabetic. I got this book because of the "heart healthy" part of the title. The loaded baked potato soup is wonderful as is the broccoli soup. Those are the only 2 recipes I've tried so far, but they are well worth the price on their own, in my opinion. I do not see sugar in almost every recipe and it is certainly not in these 2, although the carbs may be too high for some. The baked potato soup has 19 g of carbs and the broccoli soup has 8 g of carbs. Wonderful though, restaurant quality soups.

A family member was recently diagnosed with diabetes. He had a 7-way heart bypass almost 10 years ago and this book has lots of wonderful recipes, invaluable nutritional information and healthy hints to help keep him (and the family) healthy. The recipes are so diverse and tasty, you don't feel like you're eating "diabetic-friendly/heart-healthy" meals.

Though this contains many yummy recipes, I don't find it low enough in carbohydrates to maintain a brittle diabetic's sugar level. With the push on carbs in diabetic diets, I found several of these recipes a little on the high side.

I bought this cookbook for my Mom who is a brittle type 2 diabetic who recently had a heart attack. I wanted to give her meal ideas so she doesn't despair over having to limit her diet further b/c of her recent heart problems. I've only looked through it, I'm giving it to her today. But I'm really surprised at the sugar content in the recipes. I would expect 1-5 grams here & there but some of these recipes are really high. And if you are looking for a cook book that has some ideas for diabetic friendly desserts, this is not the book. Out of the 13 dessert recipes the sugar grams range from 4-26 grams; for an average grams of 12.5. I'm surprised & a bit disappointed.

Since my husband is a diabetic and a recent heart patient, I had to find recipes that were low on sugar, salt and fat. This book has delicious recipes that are very healthy for all of us. Easy to read and simple to understand.

Published by the American Diabetes Association, Diabetes & Heart Healthy Cookbook offers more than 160 delicious recipes that promote healthy eating habits. Dishes such as Stuffed Mushrooms with Ham and Vegetables, Tuna Kebabs, Chunky Vegetable and Egg Salad Sandwiches, Applesauce-Almond Squares and more aren't just for people with diabets or heart problems; the

cuisine blends nutritional awareness with a zest for food that simply tastes great, and will appeal to everyone. The instructions are easy to follow, and cooking tips for beginners intersperse the recipes. Diabetes & Heart Healthy Cookbook is an excellent and basic resource for anyone interested in preparing healthier meals for themselves, their family, and their guests.

I bought this cookbook for diabetes and one other. The recipes in this book are simple, tasty foods that anyone would enjoy - foods you would eat anyway but made to be healthier! Good for anyone who loves to eat and wants to eat smarter.

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