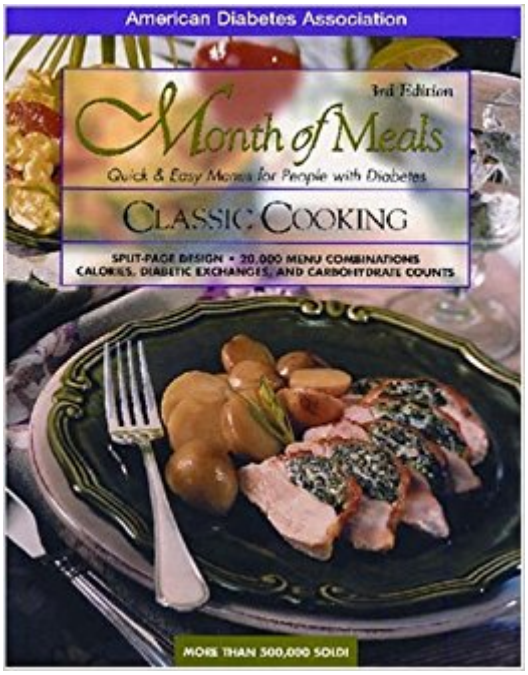
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Month Of Meals, Quick & Easy Menus For People With Diabetes: Classic Cooking



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Synopsis

Millions of ways to mix and match! Here’s how it works: Each menu planner has 28 days worth of new menu choices; pages are split into thirds and are interchangeable. There are 20,000 menu combinations in each book. No matter which combination the reader chooses, carb counts and nutrients are correct for the entire dayÃ Â- Ã Â- automatically. Readers can mix and match among all of the menu planners if they want; millions of combinations are possible! Updated third editions of the Month of Meals series feature: Complete nutrient analysis and carbohydrate count for every meal Every meal includes the same number of carbs, no matter which choice is pickedÃ Â- Ã Â- 45Ã Â- 60 grams for every breakfast, 60Ã Â- 75 grams for every lunch, and 70Ã Â- 85 grams for every dinnerÃ Â- Ã Â- this helps keep blood sugar levels stable Covered spiral binding increases bookshelf visibility

Book Information

Spiral-bound: 73 pages

Publisher: American Diabetes Association; 3rd edition (April 24, 2002)

Language: English

ISBN-10: 1580400760

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Product Dimensions: 7.8 x 0.4 x 10.1 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.0 out of 5 stars 26 customer reviews

Best Sellers Rank: #1,164,014 in Books (See Top 100 in Books) #89 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #916 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

As a newly diagnosed diabetic I naturally went looking for cookbooks. This was #4. I couldn’t be happier. Finally, something I can live with. Food I can eat! The pages are separated into thirds; b’fast, lunch & dinner, printed on both sides and u can mix and match all meals. Carb counts included with each meal since we have a carb limit/meal and this is a really great feature. Portion sizes are listed and an early chapter discusses freezing. I couldn’t be happier. Cooking for one is

hard enough but with Diabetes it is next to impossible. There are plenty of single serving recipes.

Nice collection of health menus to meat carb counting goals. Nutritious and tasty foods but not over the top with specialty ingredients. I especially like the split design that lets you mix and match when planning the whole day. I do wish that the recipes had all information on the same page rather than having to flip from the menu item where ingredients are listed then to back of book for the cooking instructions. An index would also be helpful!

Using this book is a no-brainer - which is what I REALLY needed. My husband was just diagnosed with Type II diabetes, and his nutritional needs are critical. We are stationed in Germany and are in the process of moving. I was disheartened when I found that the military dietician is unavailable right now. Other books were confusing - trying to figure out 30% fat calories, etc. This book saved my sanity! The spiral binding and split page design are FANTASTIC and the food is GREAT. Directions are concise and it’s easy to prepare a menu and shopping list from the book. Best of all, we’re getting nutritious, consistant, easy meals and snacks and half the work is done for us. Some of the books in the series even include smart choices when eating out at fast food restaurants - another bonus. When our doctor and nurses saw these books, they were AMAZED. My recomendation: get all five!

This is NOT an easy book to use! Needed information is NOT shown with the recipe. All kinds of calculations must be made to make the calories and carbs work for my diet requirements. And..... recipes sound unappetizing to me. It’s much easier to use the online food logs to tally the impact of meals I already enjoy eating. Of course, I already use the carb counters to choose healthy foods and portions, etc. This review has absolutely no relation to the supplier, who accurately described the condition of the book and shipped it in a timely manner. I would purchase a book from this supplier again.

I bought this cookbook recently to give to someone just diagnosed with diabetes and spent a good deal of time reading the recipes, myself. It is a good cookbook for anyone who is interested in eating healthy. I copied some of the recipes for my own use. I particularly liked some of the chicken recipes as well as the recipe for black bean soup. Each page of the book is divided into thirds so that you can mix and match different foods as you plan your meals. When you get past that initial barrier of figuring out what is going on with the book, you will like this cookbook tremendously. There is a

wealth of information here to make us all healthier eaters.

Great book to follow for reasonable diabetic meals. Sometimes its just too hard to plan a good meal. So easy to reach your goals.

3 part mix & Match design...old information...was a library "Discard"

Great cookbook for those with diabetes or people that have trouble planning healthy, balanced diets. I purchased one book for myself and was so happy with it purchased a second for another family member.

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