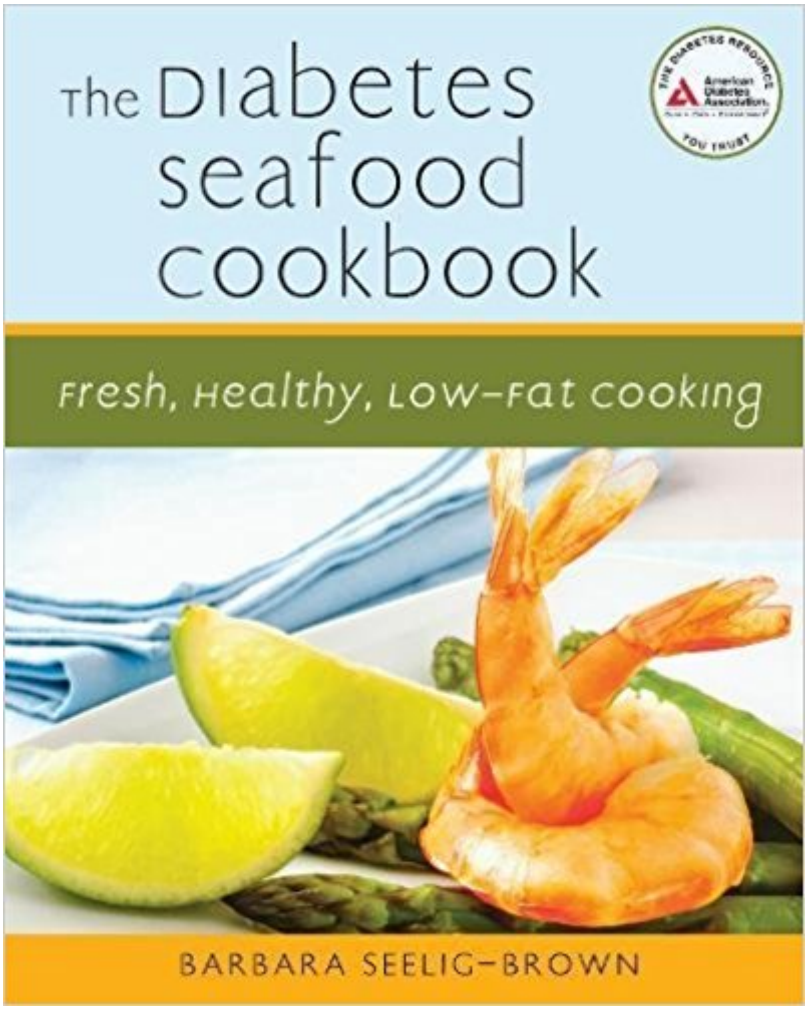
Ebook Directory
the best source of ebook

The book was found

The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

From freshwater and saltwater fish to crab, shrimp, and clams, The Diabetes Seafood Cookbook delivers over 150 delicious recipes fresh from the sea. Whether you're looking for a perfect appetizer, a delightful dinner, or a satisfying side dish, this is your one-stop shop for fresh, delicious seafood.

Book Information

Paperback: 190 pages

Publisher: American Diabetes Association; Original edition (July 22, 2009)

Language: English

ISBN-10: 1580403026

ISBN-13: 978-1580403023

Product Dimensions: 7.9 x 0.5 x 9.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,236,931 in Books (See Top 100 in Books) #73 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #98 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #143 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Game

Customer Reviews

Barbara Seelig Brown is a cookbook author, food and wine columnist, culinary educator, and nutritionist. She is the author of Stress Free Cooking (Wimmer Cookbooks) and her recipes were included in the recently released American Heart Association No-Fad Diet book. In addition, Barbara appears as the featured chef in the recently released DVDs by Millennium Interactive Inc., as part of their Fun to Know DVD series. She is a member of the American Dietetic Association, part president of the New York Association of Culinary Professionals (NYACP), and a past board member of The American Heart Association.

love seafood this way, enjoy this book

I absolutely love the recipes in this book.

Thanks for having this book. It helped the new diabetic enjoy seafood!

This seafood book is great for anyone who likes seafood. It has a lot of easy delicious recipes. If you cook seafood on a regular basis, I highly recommend this book.

I was expecting some simpler recipes, but a lot of the recipes require things I don’t normally keep in stock in my pantry.

Even if you’re not a big fan of seafood, there’s something in this book for everyone.I promise you won’t be disappointed!

This cookbook packs in over 100 great seafood recipes and side dishes for people with diabetes, as well as those just looking to eat healthy food.As a Registered Dietitian and Cerified Diabetes Educator I encourage my patients to include at least 2 fish meals per week. Many are intimidated to cook fish at home or are unsure of how to prepare it. I finally have a great reference to guide them to!!You’ll find the "Cook’s Tips" packed with alternative ideas on how to prepare, purchase or serve the dish. Many of the recipes contain ingredients which are found in your pantry or fridge so it is easy to cook up a meal quickly.All of the recipes include nutritional information in exchanges as well as the carbohydrate grams for carb counting. Calories,fat, fiber, protein and sodium values make it easy to use these recipes when following any meal plan.I have had the pleasure of tasting many of these delicious recipes in Barbara’s cooking classes and my own home. Enjoy Kathy Tigue, RD,CDE,MPA

Fantastic book but misnamed. This is a book for everyone, not just diabetics. With excellent, healthy, tasty, easy to follow recipes, this book provides much needed diversity to cooking seafood. My only regret is that I have not had enough time yet to try all the recipes. Kudos to the author and the Diabetes Association for coming up with such a wonderful resource for the kitchen.

Download to continue reading...

TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution,

Diabetes Cure) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection)