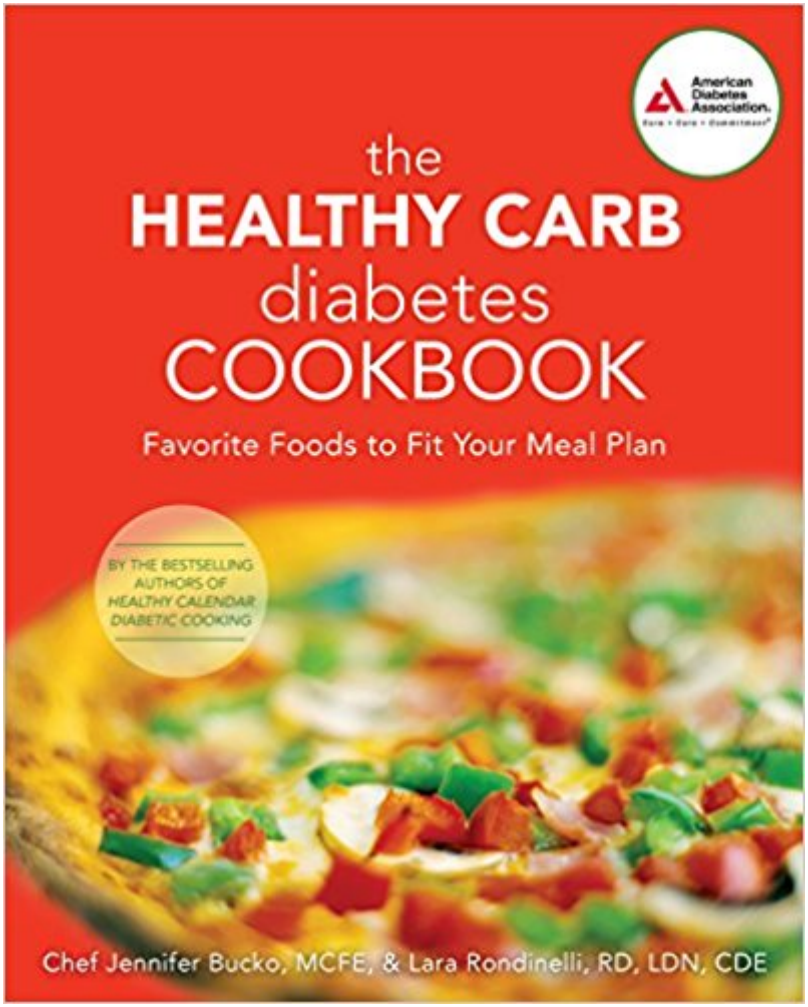
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The Healthy Carb Diabetes Cookbook: Favorite Foods To Fit Your Meal Plan



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Synopsis

Worried about carbs? The 199 delicious recipes featured in The Healthy Carb Diabetes Cookbook prove that carbs aren't just okay - they're essential. Carefully constructed to be healthy and great tasting, each recipe in this book is handcrafted by Chef Jennifer Bucko and Lara Rondinelli, the team that produced the bestselling Healthy Calendar Diabetic Cooking.

Book Information

Paperback: 246 pages

Publisher: American Diabetes Association; 1 edition (February 19, 2008)

Language: English

ISBN-10: 1580402917

ISBN-13: 978-1580402910

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,259,790 in Books (See Top 100 in Books) #101 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #899 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #997 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Lara Rondinelli, RD, LDN, CDE is the Diabetes Center Coordinator at Rush University Medical Center in Chicago, and is lead dietitian for the American Diabetes Association diabetes Triangle D camp in Illinois. Jennifer Bucko (Chicago, IL) is a Certified Chef from a Le Cordon Bleu program and an adjunct faculty member of the Robert Morris College Culinary School in Chicago.

Great cookbook. Some familiar dishes with a slight change in ingredients. Definitely some healthy dishes. Some I've had to spice up a tad bit but not bad at all.

Some really great meal ideas. It is a great help for a new diabetic.

Great recipes for a newby like me. Learning to eat properly is one of the hardest things as a new diabetic and this book has some great ideas.

Yummy low carb recipes. You don’t have to sacrifice taste when you sacrifice carbs. The prosciutto wrapped asparagus is my favorite.

Passing the book on to Goodwill. As much as I enjoy cookbooks I was sure this was a winner. Easier and better response with Google.

a few good tips but in general the information did not agree with the information I received in Diabetes training classes and from my health counsler

I bought this as a gift to my father-he has recently discovered that he has diabetes. My family loves this book it has helped them stay healthy and eat the things that they love just with a different twist.

Item received in better condition than I expected.

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