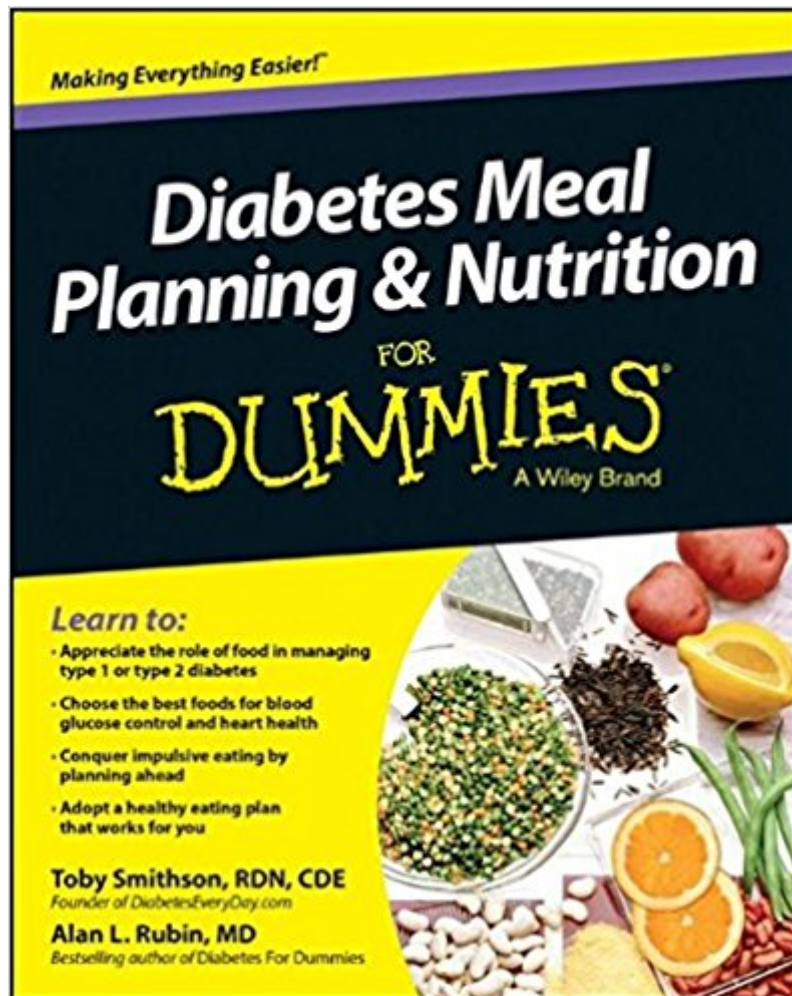




The book was found

Diabetes Meal Planning And Nutrition For Dummies



Synopsis

Food awareness, nutrition, and meal planning advice for people with diabetes Diabetes Meal Planning and Nutrition For Dummies takes the mystery and the frustration out of healthy eating and managing diabetes. Both the newly diagnosed and the experienced alike will learn what defines healthy eating for diabetes and its crucial role to long term health, why healthy eating can be so difficult, and how meal planning is a key to successful diabetes management Diabetes Meal Planning and Nutrition For Dummies takes the guesswork out of eating and preparing diabetes friendly foods. You'll learn whether popular diets fit (or don't fit) into a healthy eating plan, what to shop for, how to eat healthy away from home, which supplements you should consider, and how to build perfect meals yourself. To get you started, this book includes a week's worth of diabetes-friendly meals, and fabulous recipes that demonstrate how delicious food and effective diabetes management can go hand in hand. Includes helpful information for people with both type 1 and type 2 diabetes as well as exchange lists for diabetes Explains how your surroundings and your biology conspire to encourage unhealthy eating, and how you can gain control by planning in advance Helps you to understand that fabulous, nutritionally-balanced food and diabetes management can go hand in hand If you or a loved one has been diagnosed with diabetes, Diabetes Meal Planning and Nutrition For Dummies is packed with expert advice, surprising insights, and practical examples of meal plans coupled with sound nutritional advice.

Book Information

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Customer Reviews

"Toby Smithson, CDE, RDN is the master of living life to the fullest while living with Type 1 diabetes and she teaches others how to do the same..... Naturally, she was asked to write a book about it...and welcome to the Wiley book, Diabetes Meal Planning and Nutrition for Dummies. My take on this book is that it is very helpful to the newly diagnosed: Type 1, Type 2 or gestational diabetes. It is also helpful if you are a family member of a person living with diabetes. I find it may also be a fantastic resource to younger adults and teens."Sarah Krieger's Dietitian Blog"The book.... has simple goals: teach people to appreciate the role of food in managing Type 1 and Type 2 diabetes and choose the best foods for blood glucose control and heart health, and teach them to adopt a healthy eating plan that includes planning meals to fight impulse eating.Smithson certainly knows what she's talking about. A registered dietitian, Smithson has managed her own diabetes for more than 40 years and founded DiabetesEveryDay, a website that offers diet, exercise and lifestyle advice."The Daily HeraldSuburban Chicago's Information SourceNov. 6, 2013"All in all, Diabetes Meal Planning and Nutrition for Dummies is a complete resource for the patient and health professional alike." Janice H. Dada, MPH, RD, CSSD, CDE, CHES for Today's Dietitian May, 2014

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As my boyfriend was recently diagnosed with Type 2 diabetes I had to learn a lot!! I wanted a book that was simple to read, covered the information that I needed without being overwhelming! This book hit all of my requirements!! I was able to read the chapters in whatever order I needed to without feeling "lost". The information was helpful without going overboard. This will be a resource that I am sure that I will use for years!!

Meal planning... Says it right in the title, there's only 1 week of examples. I'm a newbie at this and need more examples of food I can eat that won't spike my sugars.

We have a number of books on the topic, this is by far the best. It contains current information, technically understandable, repetitive as it should be, appears to be comprehensive. My wife and I are reading it out loud together and are learning a great deal - very impressive. Also doesn't contain myths from past decades.

I love this book! Toby and Dr. Alan are the best of the best! They show people how to eat to prevent, reverse and control diabetes without starving themselves and without cutting carbs!

Needed to change hubby's diet and this was a very helpful book.

Another weapon in my fight

Helpful with food ideas.

I was recently diagnosed with diabetes. This book was very helpful in that it helped me to understand how to manage my diabetes

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