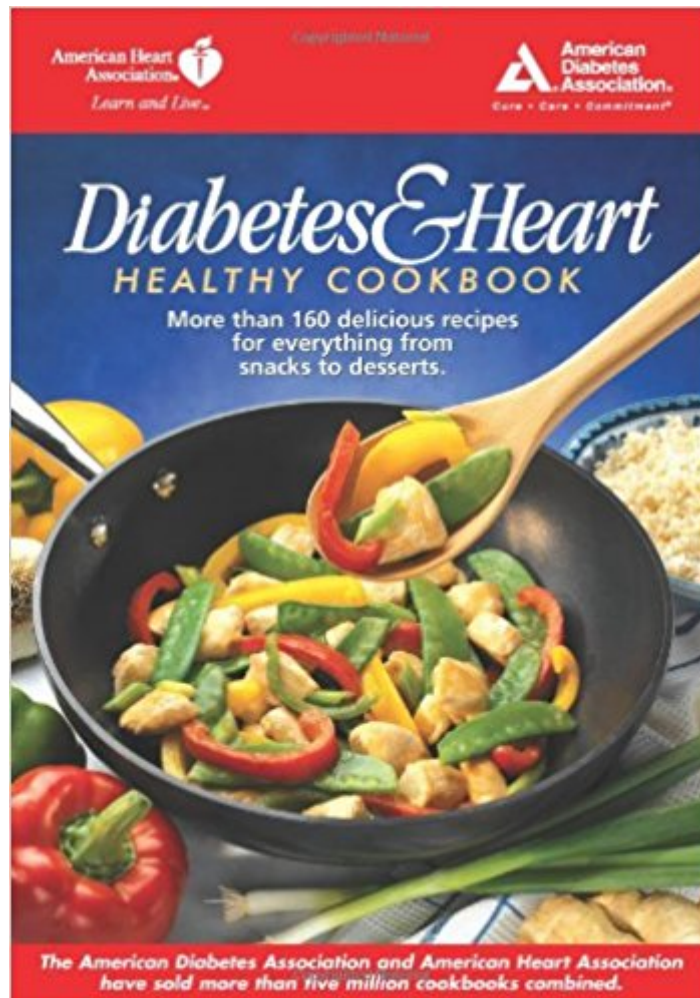




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Diabetes And Heart - Healthy Cookbook



Synopsis

One-of-a-kind heart-healthy cookbook created especially for people with diabetes 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 have written a heart-healthy cookbook for people with diabetes. It's truly a one-of-a-kind cookbook packed with delicious recipes people will truly enjoy! Every recipe is low fat and lower in carbohydrates--and 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 people who don't have diabetes, too. Delicious yet nutritious recipes include: Loaded Baked Potato Soup Deep South Shrimp Gumbo Swedish Meatballs Devil's Food Cupcakes Angel Food Trifle And many more

Book Information

Paperback: 218 pages

Publisher: American Heart Association and American Diabetes Association; 1 edition (January 1, 2004)

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Product Dimensions: 10.2 x 6.8 x 0.5 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.4 out of 5 stars 135 customer reviews

Best Sellers Rank: #975,918 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #77 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #321 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

Customer Reviews

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information, and advocacy. The ADA is the leading publisher of comprehensive diabetes information. The American Heart Association, based in Dallas, Texas, is the largest voluntary health organization fighting heart disease and stroke, with local affiliates serving the entire United States. Its bestselling cookbook library has more than 4 million copies in print.

Have found that recipes by the Heart Association are creative & delicious. This collaboration with the Diabetes Association proves to offer the same. It can be a challenge to prepare creative and tasty meals (preferring a minimum of red meat) now that I am also pre-diabetic but this cookbook certainly helps. With adherence to diet, I hope to reverse pre-diabetes and nip it in the bud.

Haven't tried the recipes yet but I like the look, layout and photos for this cookbook. I do wish I could find a cookbook like this for 2 instead of 4 or or 8. It's time consuming to work out reducing the measurements of items. That said, the recipes ingredients are items you can find in your local supermarket. I haven't seen anything exotic that was included in the recipes. After every recipe there is a section giving you Exchanges/Choices and also a listing of the Calories, Total Fat, Cholesterol, Sodium, Potassium, Total Carbohydrates, Protein and Phosphorus in grams. Recipes are simple, straightforward and includes Cook's Tips. The Introduction includes good information such as: "serving sizes based on the dietary exchanges from the ADA", Meal Planning For The Week, etc. All really good information. It has a wealth of information for anyone looking to convert to a diet that conforms with diabetic requirements. I don't have diabetes but I was looking to change my diet to prevent that diagnosis. I've lost weight and I've found that I haven't missed the things I've given up but if I fall off the diet for a meal or a day I forgive myself and get back on the diet. The key for me is not to deny myself the sin but just make it a small sin instead of overindulging.

i got the first one for my Mom and found enough recipes that i wanted to make at home that i bought another copy. i really like how it counts starches and veggies...etc for each recipe. the recipes are delicious and nutritious. i think that the most helpful for my Mom is knowing how many starches are in what she eats and each recipe shows that.

I didn't read the book's ad carefully, I need pictures to go with the recipes and this book just doesn't have it. It has a few groups of photos but it nice to see what the recipe should look like on the plate. My rating is more in my disappointment and not in the recipes, I tried a couple and it was good but I like my food to be good with picture delivery.

I have made about a dozen recipes in this cookbook and so far, so good. Not the most innovative cookbook I have ever had, but the recipes are fairly simple and quick to make.

Use this daily since my husband was diagnosed with heart failure. He has to watch his sodium

closely and these recipes are all low sodium but made flavorful with herbs and spices that are sodium free.

We love this book! Since learning that I was diabetic, a friend gave us this book as a gift. We have used it extensively because it has attractive, interesting food that fits into the diabetic and coronary artery disease guidelines. We like it so much we have started giving copies to other friends who discover they have diabetes. I especially like that there are desserts in there! This is a real winner in our household. It gets used a lot.

My husband is a type 1 diabetic, so I love cookbooks with all the nutritional info as well as carb count.

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