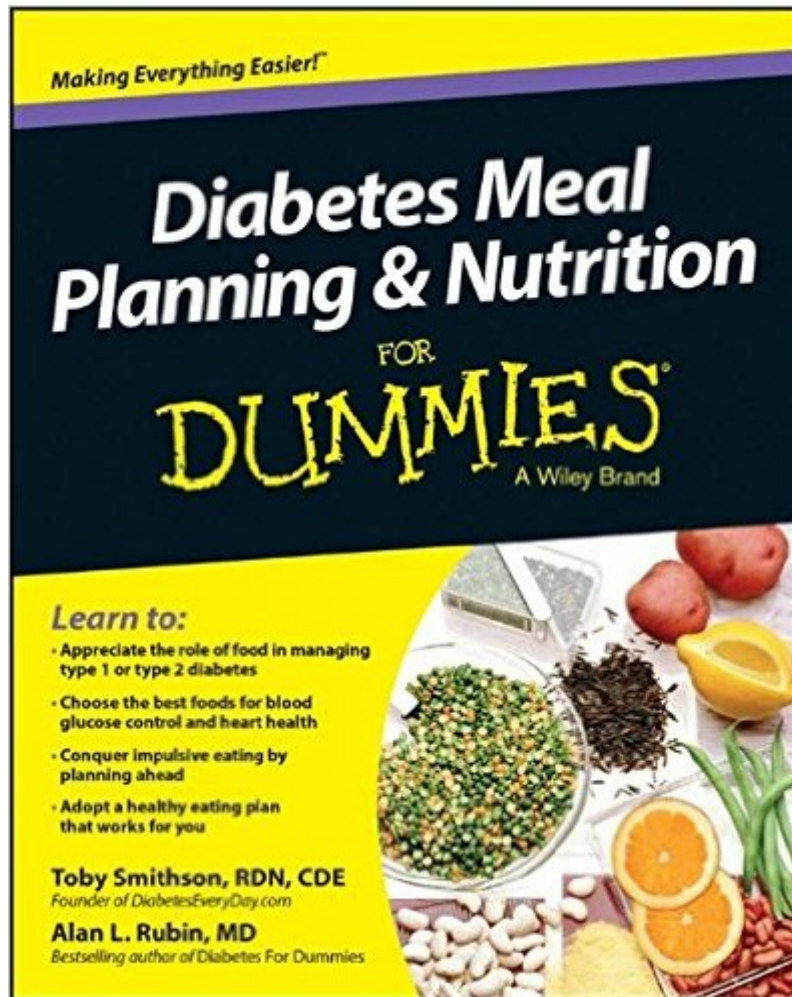


The book was found

# 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

I was diagnosed with type 2 diabetes 2 years ago this month. I've learned a lot since then about how to manage my diabetes. I thought this was a good book full of useful information however, if you are newly diagnosed and feeling overwhelmed then this book might be too much. It's very detailed about explaining most everything about this disease which can be helpful in the long term but if I would have read this book right after being diagnosed, I would have felt VERY overwhelmed by all the information. What you want to do in the first 3 months after diagnosis is to get your blood glucose under control and what works for some may not necessarily work for you. It's going to be a bit of trial and error until you get the hang of things. For example: There are some people in my diabetes support group for whom the American Diabetic Association guidelines for food consumption works for them however, it doesn't work for me. I do best when I keep my carb count down around 20 grams per day which is a lot less than the ADA says I can have. You just have to find what works for you and best suits your age/lifestyle. I would recommend starting with Dr. Richard Bernstein's "Diabetes Solution" book. His plan is somewhat stringent but you may find that you have much more leeway than the plan's recommendations. I found it was a very good starting point for me and I didn't feel like I had to do all of it, all at once. I started with a few things and then went from there. As I said before, this does seem like a good book but it's very wordy, very detailed about things that eventually you might like to know but don't necessarily need right away.

This is an extraordinary help for me with better understanding my diabetes and planning a lifestyle that might better manage this disease. It's not like there is a shortage of information about diabetes (type 1 and type 2), but my problem has been the deluge of information along with so many (sometimes) conflicting options for dealing with the disease. After spending almost a year doing research from various medical sites and a few books, Diabetes Meal Planning & Nutrition was released. I can honestly say this is the best "all-in-one" package of information and lifestyle options I have found to date. I was very pleasantly surprised when I received the book and found so much general information about diabetes in the first section (chapters 1-4) of the book. I don't need a short course in medical mechanics of how diabetes works and what organs it involves, but generalized accurate information to help me understand basic cause and effect was extremely helpful. The fact that it was all written in bite-sized easy-to-understand chunks was all the better. The majority of the book is about the science of food and its impact on a diabetic. At least, this is the way that I read it. This too is very helpful to me as it teaches me the rules of this new game. Understanding the rules and equipment will help me to (hopefully) learn how to play well and eventually win. This is NOT a recipe book, but it does include some starter recipes and meal plans in part V of the book. For those

who are unadventurous or those easily satisfied with repetitious meals, this might work for you, but I think the idea of these meal plans are to provide a kick start for your new lifestyle. In this, the recipes and meal plans excel.

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