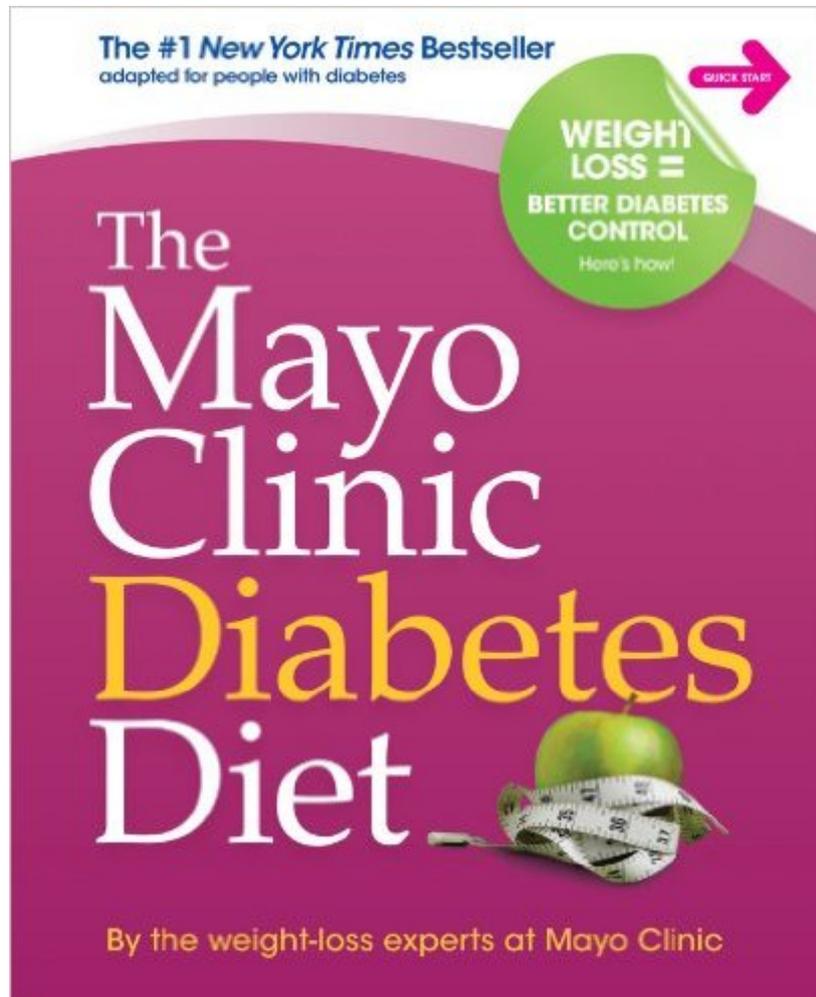


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# The Mayo Clinic Diabetes Diet



## Synopsis

From Mayo Clinic, a leading authority in health and nutrition, comes The Mayo Clinic Diabetes Diet, adapted for people with pre-diabetes and type 2 diabetes from the #1 New York Times bestseller, The Mayo Clinic Diet. This reliable plan is what you need to lose weight to help you control your blood sugar. The medical specialists at Mayo Clinic have created The Mayo Clinic Diabetes Diet as a two-phase plan to help at-risk people prevent and control diabetes by losing weight quickly and safely, and then maintaining that weight loss. Health and weight management can seem overwhelming, and even frightening, to the more than 23 million Americans who suffer from type 2 diabetes, as well as the 79 million pre-diabetic adults. The Mayo Clinic Diabetes Diet presents two easy-to-follow phases that workâLose It! and Live It! The diet is based on principles of The Mayo Clinic Diet, which is designed to help people safely lose 6-10 pounds in two weeks and then continue to lose weight until they achieve a healthy weight they can maintain for a lifetime. The Lose It! phase of The Mayo Clinic Diabetes Diet is a simple, straight-forward, two-week plan that encourages quick but safe weight loss that can help lower blood sugar. The Live It! phase of the diet offers basic and manageable steps and lifestyle changes and choices that are designed to help participants lose one to two pounds a week until a healthy weight is reached, and then keep the pounds off. Mayo Clinicâs weight-loss and nutrition experts have packed this book with meal plans, practical solutions, and specific tips on how to improve health and lose weight safely. The Mayo Clinic Diabetes Diet tackles all the familiar obstacles that get in the way of weight lossâdislike of exercise, distaste of healthy food, too little time to cook well, a too hectic schedule, struggles with cravings, and minimal support from family and friends. It is a reliable and safe companion for losing weight and controlling diabetes, beginning immediately and into the future. âThis diabetes diet isnât a fad; itâs about changing your habits for the better,â states Donald Hensrud, M.D., Mayo Clinic specialist in nutrition and internal medicine and medical editor-in-chief. âWith The Mayo Clinic Diabetes Diet, people can truly manage diabetes, eat well, lose weight and enjoy life.â

## Book Information

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## Customer Reviews

I bought this book because it was not only a diet book, but written for people who diabetic and prediabetic. I like the easy to use knowledge that the book offers. What you read is easy to apply to the way you eat. Although it is a diet that will help you control your blood glucose levels it also will help the reader to lose weight depending on how closely they follow the ideas presented in the book. The accompanying journal that is available is also very helpful and easy to use. I was also happy that unlike most diet books this one is not 3/4 full of recipes; the last chapter is recipes and that is it. The book is primarily the do's and don'ts of losing weight with diabetes and all through the book helpful tips.

The book is a good "how to" for living with diabetes. It's not so much a diet, although you will lose weight immediately following the advice in the book. If you're looking for recipes, don't look here. This book is more a strategy for living better with the condition. The advice is very simple and easy to adopt.

I have gone to the Mayo Clinic medical website for years to consult regarding various issues, one of which has been diets for losing weight plus trying to avoid becoming a victim of diabetes. I ordered this book because I wanted to educate myself re handling my diet. I found it quite informative and helpful with colorful graphics, highlighted topics, detailed index, specific sections on the food pyramid and how to gauge serving sizes, calories, and nutrition aspects. The book treats the significance of exercise plus controlling the food choices made in staying healthy on a daily basis. A positive, approach to living a healthy lifestyle. I automatically think of .com for my purchases as my experience with them as been very positive. They respond quickly to my orders. I highly recommend this specific book. Z. Smith

I'm a newly-diagnosed diabetic who is counting carbs. This book is overly simplistic, and worse yet, relies on exchanges rather than carb counts. I would have been delighted to have more concrete information, and I'm quite surprised that the Mayo Clinic would have published a diabetes diet book with such a narrow focus. There are many other very good books out there. Unless your doctor or nutritionist insists on an exchange count only, and you're already dealing with a nutritionist for your diet, I'd skip this entirely. The menu sections are skimpy. I felt they should have been the focus of the book rather than what appears to be just an add-on.

I bought this to help me lose weight and to better maintain my blood sugars (as a diabetic). I found nothing Earth shattering in this book, but I found it a good resource for tried and true methods for eating healthy. I found the emphasis on fruits (always stressing eating fruits and vegetables) to be strange. However, as a result, I have found a number of sources of fruits that actually have lower carb and calorie counts than the snacks I had been eating (like Atkins bars) and more filling. I found a paper version of the book might have been a bit easier to use than the Kindle edition (using my PC and Kindle for my Android phone), especially when trying to reference charts and tables with servings recommendations and sizes. It has not been a revolution, but a refinement of the healthy eating techniques I have been compiling. I really like the fact that they do not use any fad techniques or try and bash any diet techniques. For instance, I have been following the debate regarding whether or not diet soda is healthy. Rather than get into the details of that, they simply recommend avoiding "empty calories". In other words, if it does not provide nutritional content, then you should avoid it. They also warn that often when artificial sweeteners are used, manufacturers add fats or other contents that are not good for you. As a result, stick to nutritional food and avoid the current debates in "diet" circles. In the first two weeks, I have lost about 10 pounds without feeling like I have been deprived. In fact, the book stresses eating at regular intervals, so I feel less ups and downs in my daily intake of food. I feel better, have started exercising and feel this will be a good, long term guide to helping me be healthy.

I have felt great since using the Mayo Clinic Diabetes Diet meal plan. My blood sugar readings have plummeted as well as my HbA1c. I highly recommend this book and meal plan. If you are not into journaling - do not order the companion "journal" book. I do much better with documenting in a notebook, since I found all the behavioral documentation too time consuming. Getting started on this plan - I did feel hungry occasionally, but found that eating an extra serving of fruit satisfied my hunger. I also have incorporated a mile walk into my daily routine each day. This has also been very

beneficial.

I did NOT get this book for a diet book I got it for information about living with diabetes. I was diagnosed almost 2 years ago and i was never really able to get the information i was looking for about how to control my diabetes. of course i know to take my meds and eat correctly but the lifestyle changes and they way to handle things was what i wanted to know about. it even offers suggestions on how to change your habits and how to handle food which as an emotional eater i find extremely helpful. I cannot comment on the diet itself since i have a different eating plan that i am following but if it is half as good as all the extras given in the book i think it would really work!

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