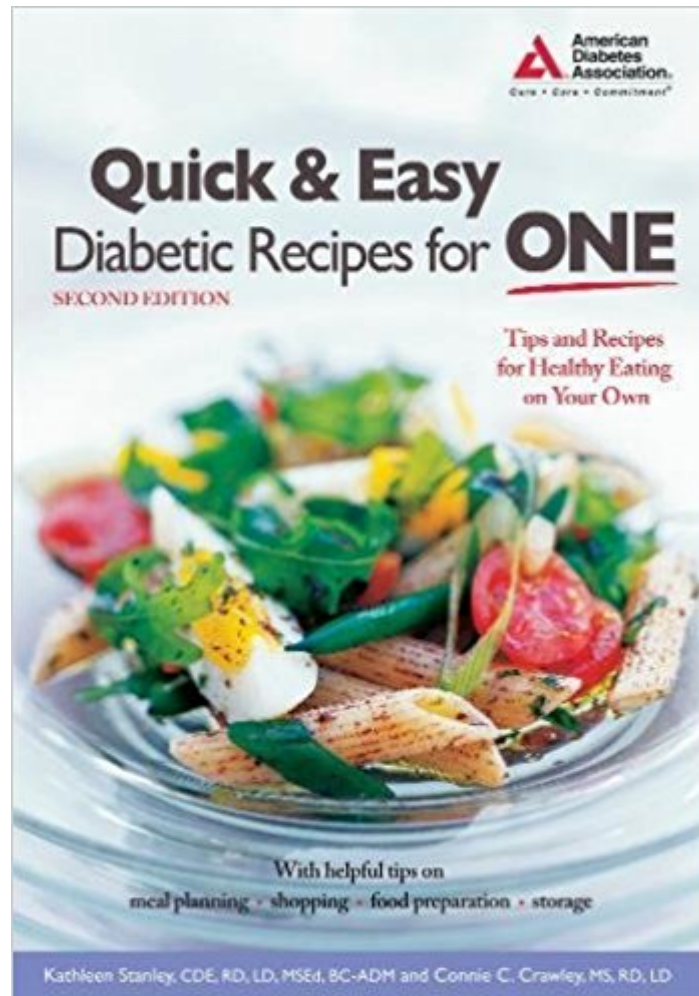




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Quick & Easy Diabetic Recipes For One



Synopsis

It's normally tough for people with diabetes to find healthy, great-tasting recipes for just one person. Not any more! In this newly revised edition of an ADA favorite, you'll find more than 100 tempting, easy-to-prepare recipes. Quick & Easy Diabetic Recipes for One features quick breakfasts, soups & stews, side dishes, desserts, and more - perfect for any appetite.

Book Information

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Customer Reviews

Kathleen Stanley, C.D.E., R.D., M.S.Ed. is the diabetes education program coordinator. Connie C. Crawley, M.S., R.D., L.D. (Athens, GA), is a nutrition and health specialist.

Lots of nice recipe. Most require more time to prepare than what I had expected. All of the recipes require that you buy at least one seasoning that you don't have on your kitchen cabinet. Many require that you buy several seasonings and etc. for your cabinet before you can even begin cooking. I have yet to be able to cook one of the recipes. Also, if you count carbs this book is not for you. Very few recipes have the carb count but use calories or another scale that uses "servings" without identifying how many carbs are in the serving.

I ordered this book for a friend, who was recently diagnosed with diabetes. She loved it so much that I ordered one for myself (and I'm not diabetic) and she ordered another copy for her brother! Since many older adults deal with diabetes and many of them cook for just one person, this book

helps to make a significant life change easier to manage. Older people often have many reasons not to cook for themselves, relying on fast foods when they need to change old habits and eat more healthfully. The recipes are easy and tempting making this guide truly useful for seniors and others who live alone...diabetic or not. Change can be fun and tasty too!

Don't expect any photographs or shopping lists or meal plans and menus in this cookbook. And do expect a ton of leftover apples and other fruits in your fridge. Some of the recipes are really high carb so most diabetics will end up on insulin if they eat them. One will do better by buying a paleo or low carb cookbook. There is a little paragraph about breaking the salt habit but many of the recipes call for high sodium soups or other products!!! And the nutrition panels say nothing about potassium which helps overcome some of the sodium intake. Also no information about vitamins is given. The pantry list contains mostly high carb/high sodium items: sugar free is not the same as low carb!! Also low fat may be high carb!! So this is a mostly impractical cookbook for diabetics that will have your fridge and freezer full of leftovers. It might be helpful if you don't live alone but have some other people around to eat the other 3/4 of an apple and so on. No tips about what to do with the leftovers except to eat them for lunch the next day or to stick them in the freezer. Some of the recommendations are about setting your table, use paper plates and other such. Really!!! In this day of environmental enlightenment??? The publisher claims this book will help with meal planning - no it won't! Also claimed is complete nutritional analysis - nope, not!! Typical recipes have over 40 g carbohydrates per serving - some are way over that. And one of the recipes has a sodium content of almost 2000mg...a day's worth in one small serving at one meal. So beware. This book carries the American Diabetic Assoc seal but, like their other cookbooks, they are mostly useless and conjured up by somebody instructed by MDs with no knowledge of nutrition. My tip for a single person with diabetes is to live near a university with a health food store nearby. Such a market will typically have small servings of everything available (student fridge space is always small) and because most university athletes watch their diet they will have the best selections of low carb, high potassium, low sodium items including meats that have not been injected with salts, sugars and other chemicals.

Recently diagnosed I immediately went looking for recipes and found this cooking for one. I was raised on meat and potatoes. Lived in foreign countries and Mom baked our bread. Lots of carbs in the diet. Fresh fruits and veggies were not always available for safe consumption. So this is just what I needed. I also found another book with 30 days of meals where the pages were split into three sections where you can mix and match what you are interested in eating. So far so good.

Bought this diabetic quick and easy cook-book for senior citizen sister who does not like to cook anymore and has several dietary restrictions, which makes it difficult to cook interesting and healthy meals for one. This book does the trick and she loves it.

I have never been much of a cook, but it was nice to find a recipe book for one person, vs many people....

I found this book very unappetizing. The recipes were neither quick nor easy. Worst of all, I found them unappealing.

It is ok but not what I was looking for at all.

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