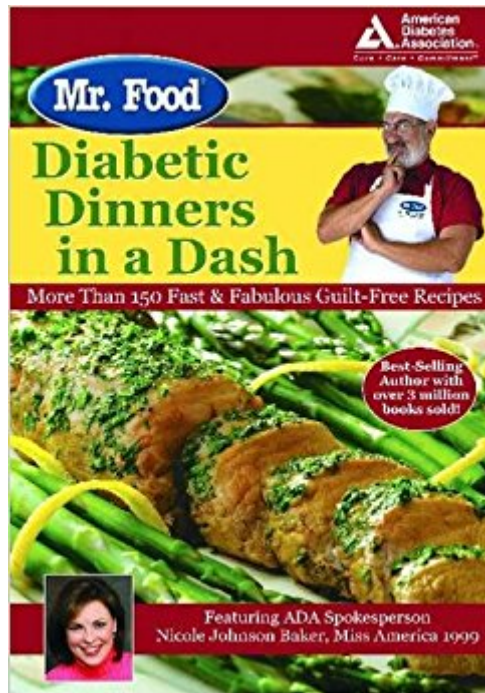




The book was found

Mr. Food: Diabetic Dinners In A Dash



Synopsis

Mr. Food and the American Diabetes Association are proud to present an all new cookbook, Diabetic Dinners in a Dash. This cookbook contains over 150 Fast and Fabulous Guilt-Free Recipes that will have everyone saying "Ooh It's So Good!". Every recipe contains nutritional information, portion sizes, and easy-to-follow directions that will put delicious meals on your table every night.

Book Information

Paperback: 216 pages

Publisher: American Diabetes Association; 1 edition (February 17, 2006)

Language: English

ISBN-10: 1580402410

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Product Dimensions: 9.9 x 7.4 x 0.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 12 customer reviews

Best Sellers Rank: #183,340 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #154 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #204 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Art Ginsburg featuring Nicole Johnson Baker

I have just received the book but have not used it. Looked through it and love the recipes. Have always loved Mr. Food and really miss him and his "Oh, it's so good"! I have a spiral cookbook of his that is not diabetic and have tried to change it to fit my needs. Even though hard to do, the recipes are great. Am sure that this book (and my others) Mr. Food Diabetic cookbooks will be used often. Am glad to have them in my collection.

really good recipies. lots of choices for low carb options.

This is a great book and I have used it a lot. Very clear and to the point. I have many cookbooks and this one is on top of the stack.

This helped me a great deal when I first had diabetes---easy, quick & good dinners that met all the requirements. Thanks Mr. Food!

Too many carbs. Not really diabetic recipes. Donated mine to thrift shop.

Great cookbook, still going through all the recipes but so glad this is out there, thank you!

Great recipes

Very useful. Many great receipes.....

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DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: Dash Diet Love THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes) DASH Diet: 100 Delicious DASH Recipes Including a DASH Diet Guide for Beginners Diabetic Slow Cooker Recipes: Over 190+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... and Chilis, Slow Cooker Recipes (Volume 1) Diabetic Recipes [Second Edition]: Diabetic Meal Plans for a Healthy Diabetic Diet and Lifestyle for All Ages

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