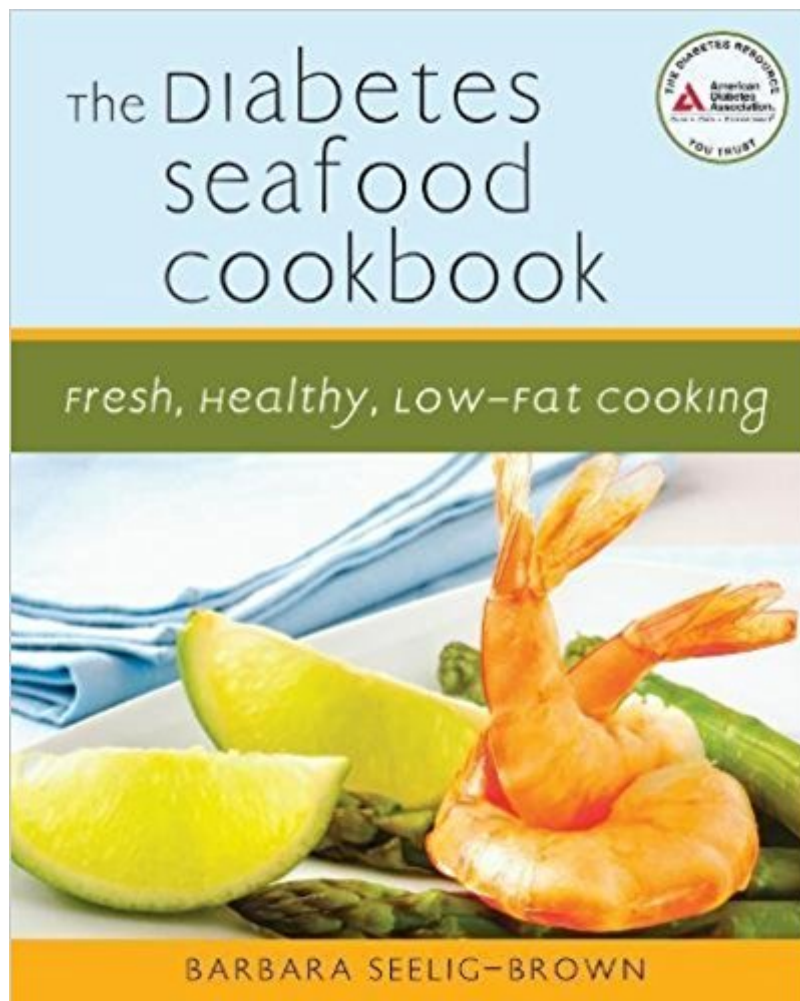




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The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking



Synopsis

From freshwater and saltwater fish to crab, shrimp, and clams, The Diabetes Seafood Cookbook delivers over 150 delicious recipes fresh from the sea. Whether you're looking for a perfect appetizer, a delightful dinner, or a satisfying side dish, this is your one-stop shop for fresh, delicious seafood.

Book Information

Paperback: 190 pages

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Language: English

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Product Dimensions: 7.9 x 0.5 x 9.9 inches

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Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,236,931 in Books (See Top 100 in Books) #73 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #98 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #143 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Game](#)

Customer Reviews

Barbara Seelig Brown is a cookbook author, food and wine columnist, culinary educator, and nutritionist. She is the author of Stress Free Cooking (Wimmer Cookbooks) and her recipes were included in the recently released American Heart Association No-Fad Diet book. In addition, Barbara appears as the featured chef in the recently released DVDs by Millennium Interactive Inc., as part of their Fun to Know DVD series. She is a member of the American Dietetic Association, past president of the New York Association of Culinary Professionals (NYACP), and a past board member of The American Heart Association.

love seafood this way, enjoy this book

I absolutely love the recipes in this book.

Thanks for having this book. It helped the new diabetic enjoy seafood!

This seafood book is great for anyone who likes seafood. It has a lot of easy delicious recipes. If you cook seafood on a regular basis, I highly recommend this book.

I was expecting some simpler recipes, but a lot of the recipes require things I don't normally keep in stock in my pantry.

Even if you're not a big fan of seafood, there's something in this book for everyone. I promise you won't be disappointed!

This cookbook packs in over 100 great seafood recipes and side dishes for people with diabetes, as well as those just looking to eat healthy food. As a Registered Dietitian and Certified Diabetes Educator I encourage my patients to include at least 2 fish meals per week. Many are intimidated to cook fish at home or are unsure of how to prepare it. I finally have a great reference to guide them to!! You'll find the "Cook's Tips" packed with alternative ideas on how to prepare, purchase or serve the dish. Many of the recipes contain ingredients which are found in your pantry or fridge so it is easy to cook up a meal quickly. All of the recipes include nutritional information in exchanges as well as the carbohydrate grams for carb counting. Calories, fat, fiber, protein and sodium values make it easy to use these recipes when following any meal plan. I have had the pleasure of tasting many of these delicious recipes in Barbara's cooking classes and my own home. Enjoy Kathy Tigie, RD, CDE, MPA

Fantastic book but misnamed. This is a book for everyone, not just diabetics. With excellent, healthy, tasty, easy to follow recipes, this book provides much needed diversity to cooking seafood. My only regret is that I have not had enough time yet to try all the recipes. Kudos to the author and the Diabetes Association for coming up with such a wonderful resource for the kitchen.

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