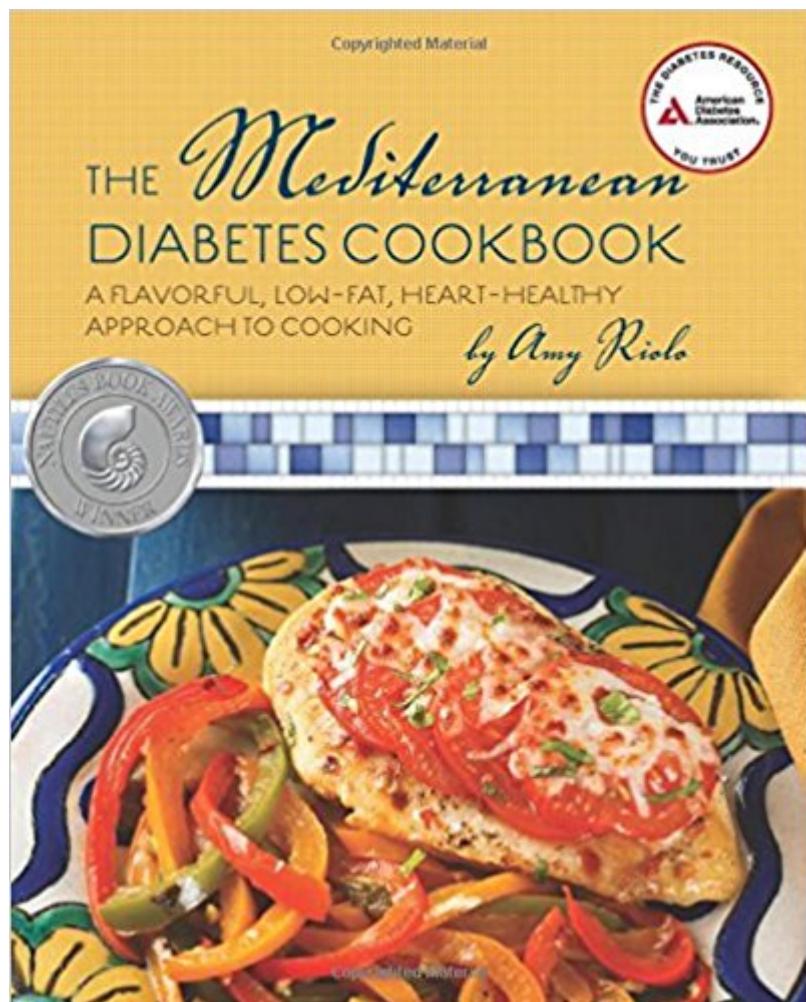


The book was found

# The Mediterranean Diabetes Cookbook



## Synopsis

Imagine cooking without sacrificing flavor, using healthful, fresh ingredients..... Paired with the moderate Mediterranean lifestyle, enjoy delicious, traditional, and naturally diabetes-friendly dishes. Leave behind the tired, watered-down diabetes recipes crowding out taste in your other cookbooks and regain the joys of eating.

## Book Information

Paperback: 316 pages

Publisher: American Diabetes Association; 1 edition (February 17, 2010)

Language: English

ISBN-10: 1580403123

ISBN-13: 978-1580403122

Product Dimensions: 0.8 x 8 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ (69 customer reviews)

Best Sellers Rank: #58,437 in Books (See Top 100 in Books) #34 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #78 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #86 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

As with any kind of cookbook, one book certainly will never be everything to everyone. This work is certainly not an exception to that rule, but that being said, this is by far one of the best cookbooks written for those of us who have diabetes and it is most certainly the best one I have found dealing with food from this part of the world. Now before I go further I want to make it quite clear that having to follow a dietary regimen is not the end of the world. This was a misconception I had when I was first diagnosed. I like food. My family likes food. Food is one of our hobbies; it is an important part of our lives. There is a fact that many people do not realize until they discover they have this condition and have really little choice other than changing their eating habits. This is the fact that your condition and diet restrictions pretty much effect most of those close to you; those that are sharing your meals with you in your home and those who prepare your meals for you or you them. Yes, the spouse or companion of the diabetic is also suddenly faced with many of the same changes that the patient is faced with...bummer! Both my wife and I cook. I grant you that she does more of the cooking than I do (I am though the undisputed dishwasher and cleaner-upper not matter who

cooks), but no matter which of us prepares the meal, we both have to eat the same thing unless we want to go to the trouble of fixing two separate meals, which is really not an option in our case. No, my having diabetes has effected her life just as much as it has mine...that is the truth. Ah, but that does not mean we have to suffer all that much; not with books such as The Mediterranean Diabetes Cookbook and others of this ilk. No, no, most certainly not!

[Download to continue reading...](#)

Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Cociando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition) Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes The American Diabetes Association Diabetes Comfort Food Cookbook The Mediterranean Diabetes Cookbook The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes American Diabetes Association Guide to Nutrition Therapy for Diabetes Medical Management of Type 2 Diabetes (Burant, Medical Management of Type 2 Diabetes) Diabetes: 16 Simple Lifestyle Changes to Lower Blood Sugar and Reverse Diabetes Atkins Diabetes Revolution CD: The Groundbreaking Approach to Preventing and Controlling Diabetes The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet The Oldways 4-Week Mediterranean Diet Menu Plan: Make Every Day Mediterranean The Everything Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy and Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut ... Strawberry Ricotta Pie ...and hundreds more! Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day (Betty Crocker Cooking) Diabetic Cookbook For One: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) The New Soul Food Cookbook for People with Diabetes The Everything Mediterranean Cookbook: Includes Homemade Greek Yogurt, Risotto with Smoked Eggplant, Chianti Chicken, Roasted Sea Bass with Potatoes ... Meringue Phyllo Tarts and hundreds more! The Everything Easy Mediterranean Cookbook: Includes Spicy Olive Chicken, Penne all'Arrabbiata, Catalan Potatoes, Mussels Marinara, Date-Almond Pie...and Hundreds More! The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue ...and hundreds more! (Everything (Cooking)) The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue and hundreds more! (Everything Series)

[Dmca](#)