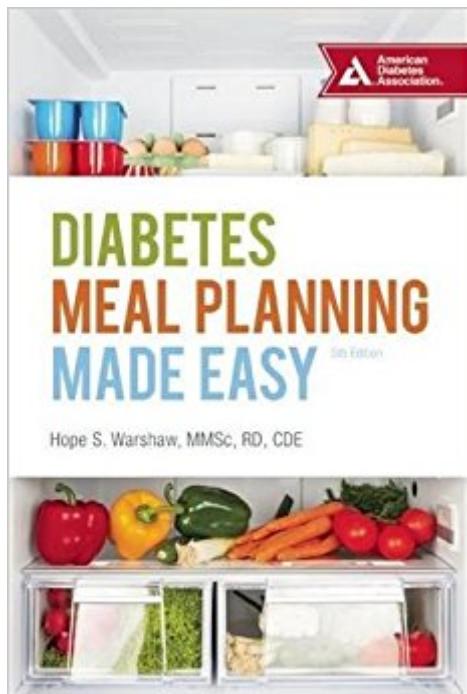


The book was found

Diabetes Meal Planning Made Easy



Synopsis

Diabetes Meal Planning Made Easy takes the guesswork out of planning meals by teaching you how to eat healthy, one step at a time. A perennial best-seller from the American Diabetes Association, this book has sold more than 80,000 copies and been the go-to diabetes nutrition guidebook for more than 15 years. The all-new 5th edition has been streamlined, updated, and improved to represent the latest ways people treat their diabetes meal plans. Updates include: Revised food groups to reflect changes in nutrition science. Updated food lists for comprehensive meal planning. Completely reorganized content for easier learning and navigation. For years, Diabetes Meal Planning Made Easy has taught people with diabetes how to adapt family-favorite recipes into healthy dishes, strategies for making healthy eating easier, how to lose weight effectively and keep it off, and the ins and outs of portion control.

Book Information

Paperback: 176 pages

Publisher: American Diabetes Association; 5 edition (June 14, 2016)

Language: English

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Product Dimensions: 1 x 6.2 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 20 customer reviews

Best Sellers Rank: #104,366 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #123 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #508 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

Customer Reviews

Hope Warshaw, MMSc, RD, CDE, is a nationally recognized expert in diabetes management, specializing in the nutrition management of prediabetes and type 2 diabetes. During her nearly 40 years of work in this field, she's authored several books for the American Diabetes Association, including *Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant*. Warshaw is also a contributing editor to *Diabetic Living* magazine and writes the Nutrition Q&A column for *The Washington Post*. During 2016 Warshaw is serving as President of the American Association of Diabetes Educators.

pretty technical

Very informative. Was a gift to a family member who just got diagnosed.

This most recent update of an American Diabetes Association classic is clearly written, well organized, helpfully indexed, and illustrated with a large number of charts and tables. I would not say it makes diabetes meal planning easy; that is perhaps an impossible goal. But it does provide the tools needed to plan the meals, especially exhaustive chapters on different categories of food. There are also quite helpful introductory chapters on prediabetes and type 2 diabetes, useful suggestions for modifying eating habits, and realistic, frank advice on how hard such changes really are. This is not a book aimed at the person with type 1 diabetes, who faces a somewhat different set of challenges. It is also not a book that explains prediabetes or type 2 diabetes in great detail, though it offers a brief summary of what those diseases entail. It touches only lightly on exercise, medication, and other interventions. It is about meal planning and eating in general for people with diabetes, not about other aspects of managing the disease. Even if "made easy" isn't quite right, this book should be a tremendous help for those seeking to understand how eating impacts their illness and what changes in eating patterns can help improve their condition.

Needed a little help with meal planning.

I think this is a great intro to proper eating, even if someone doesn't have diabetes. But if they do, it is also very informative. This was recommended to me by a diabetes educator, and I am not disappointed.

Good book haven't finished reading all of it but definetly has some worthwhile info

Very helpful, thanks.

Good Book helped a lot understanding Diabetes !

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