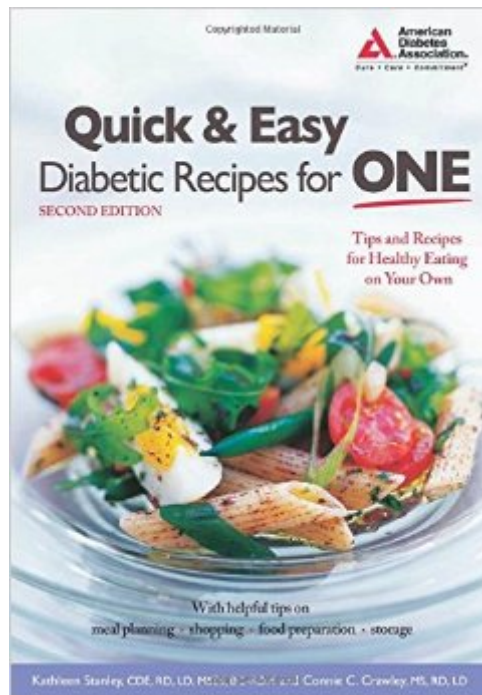


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# Quick & Easy Diabetic Recipes For One



## 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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Best Sellers Rank: #113,449 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #106 in [Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two](#) #130 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#)

## Customer Reviews

I've been suckered into getting a lot of cookbooks that call for ingredients that I would not give to my dog. In fact, the dog wouldn't even eat some of the "healthy, yummy, tasty, etc." leftovers from some books. Every recipe I have made in this book tastes good, helps me to control my diabetes, and actually looks so good my husband (who isn't diabetic) asks if he can have some. You can easily double the recipes for another person, or use the "leftovers" for a great lunch. No muss, no fuss cooking that doesn't make you turn your kitchen into a restaurant. I wish there were more books like this. (The only one that is close so far is *Snack Nibble Nosh...* by Ruth Glick, if you want to buy a 2nd book & get 2x as many great recipes!)

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!

I got this cookbook from the VA on loan. I am from the south and this book is right down my ally. I love the food and the ease of preparation that is shows. I have been cooking for 3 years am not very good. I made 15 of these meals and loved everyone of them but one. I substituted my leftovers for the food called for. I made breakfast in under 30 minutes three morning in a row. Lunch was an snap. and dinner was jsut fabulous and quick to make,under 45 minutes. This includeed the prep time also. Chopping diceing slicing. And very good book. rhodson

If you are alone and need to cook for one - diabetic or not - this is agood book to have, gives you great recipes for just you and it is not hardto double up if you are having company over.

I was looking so much to using this cookbook, but I do NOT like so many of the items to be canned, especially commercially canned. Not a good choice because so many canned items have too much salt and so called chemical 'preservatives'. This is a waste of my retirement money!!! I'll donate it to my public library and hope someone somewhere can get some ideas from it!

I bought this book for my Mother who is a Type 2 Diabetic and was very disappointed. The ADA is about 30 years behind on nutrition education. The recipes--besides being overcomplicated and not very appealing--relied on processed foods; white flour, pasta and rice; artifical sweeteners; added sugar; food coloring(?!); and more artifical chemicals and ingredients in the form of lite, low fat junk. No wonder everyone is still fat.My advice is to skip the whole "diabetes recipes" ruse and buy a normal healthy cookbook. You'll be much better off.

My nutritionist told me about the cookbook "Quick & Easy Diabetic Recipes for One." The recipes don't make you feel like you need to eat more. They put in your mind that you have eaten enought for one meal, and that is what I like.

This book contains about 50 recipes for breakfast, lunch, dinner, and dessert that have low-cal, low-sodium, and low-fat themes. My biggest complaint about the book is the simplicity of some of the recipes--for instance: there is a recipe for a spread that you put on a bagel and the recipe says,

take a knife and spread (that's not really a recipe). The dinner options are the best choices with everything from pasta dishes to stuffed peppers--treats I wouldn't have considered all that healthy before I got the book. The recipes are easy to read with the ingredients identified on the left and the exchange rates on the bottom. However, only a few of the recipes are actually for one--many are for two or four. In any case, a good choice for a beginning cook or a new diabetic.

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