

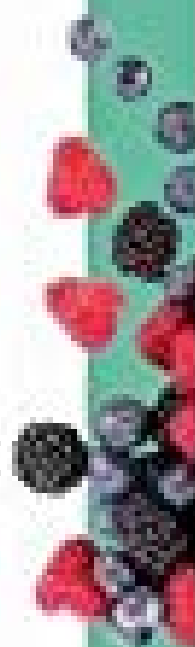
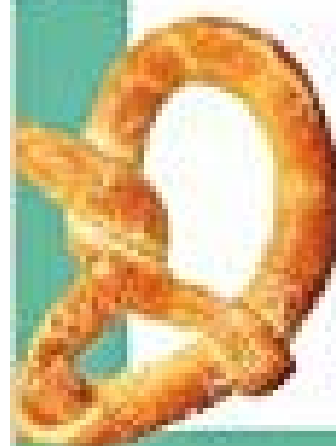
# DIABETES SNACKS, TREATS, & EASY EATS FOR KIDS

EXPANDED THIRD EDITION

**150 RECIPES**  
for the Foods Kids  
Really Like to Eat

Barbara Grunes

with Linda R. Yokam, R.D., M.S.



Barbara Grunes

# Diabetes Snacks, Treats, and Easy Eats for Kids: 150 Recipes for the Foods Kids Really Like to Eat



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This redesigned and expanded third edition of *Diabetes Snacks, Treats, and Easy Eats for Kids* offers a lot more simple, delicious recipes for healthy, well-balanced diets. Since the book was initially published in 2006, the prevalence of diabetes in children has continued to improve. Children under age 19 have seen a 21 percent increase in Type 1 instances, and children ages 10 Grunes's goal is to help all kids enjoy food that's good for them. In the end, it isn't about "good," "poor," or "forbidden" foods even if indeed they have diabetes. When it comes to dinner, they generally don't have enough time or the taste for fancy meals. With this thought, author Barbara Grunes is rolling out more than 150 quality recipes for snacks and meals that kids enjoy and that stay within diabetic suggestions. 19 have observed a 30 percent increase in cases of Type 2. But kids will be kids, and when they come home from school, they need a snack that's simple, satisfying, and occasionally nice. Each recipe contains the nutritional information readers need, whether they count carbs or utilize the exchange method. With recipes like Pizza Puffs, Spud Pancakes, Poultry Fajitas, Ice Cream Cone Cupcakes, and Fruit Turnovers, this reserve proves that everyone can appreciate familiar and delicious meals together. an illness that used to be considered a grown-up condition. it's about readers feeding their own families sensibly.



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This book provide a great variety of Tasty I've found this publication to be very helpful in taking some stress out of thinking what I could feed my 3 yr aged Type 1 Diabetic boy, especially at snack moments. We all now how stressful meal occasions can get specifically for working mums. What exactly are we going to have? Carb counting, Could it be healthy? The book provides been amazing I'm not just a review article writer but I simply had to talk how great this reserve has been. When looking for meal options online or magazines I was discovering that the majority of the diabetic websites or magazines had recipes that were more suited for adults or type 2 diabetics not really much for Toddlers/children with type 1. This book give a great selection of Tasty, healthy recipes suitable for Children that the entire family can enjoy. etc and so on... Five Stars V Ery usefull One Star i never got this reserve. I read some good reviews and thought I'd give this publication a chance not merely for me make new stuff for him but so that he can start making issues for himself. We've produced a few recipes together and he's loved them and I'm honestly glad he's eating. I had to write this review tonight because he made his personal cornbread today, we havent attempted it just wished to make it progress, but it smells great. The dishes still have carbs so type 1 diabetics still have to dose insulin. Big help A family member's child was recently diagnosed with diabetes. Her mother has been stressed trying to find foods that their whole family can appreciate while accommodating their sweet daughter. 6 yr old recently diagnosed with Type 1 diabetes.. They love this book. Type 1's may or might not find beneficial Lots of varieties of snacks to create its child friendly. Overall I've enjoyed the simple the recipes, it offers us different concepts and getting to spend quality time with my son in the kitchen simply makes me so content.. Very useful.. had it shipped to them. 6 yr old recently identified as having Type 1 diabetes. . Five Stars Sent this to my Grandson who was simply just diagnosed with type 1 diabetes. I thought this would be food for small kids but there is only a few little child items, mostly teen stuff. I came across this & Bought this publication as a helpful cookbook.. Five Stars Useful recipes that I didn't consider before. my boy is diabetic and a picky eater. I thought this might be food for small kids but .. Although most recipes aren't really my kids choices some are ok..



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