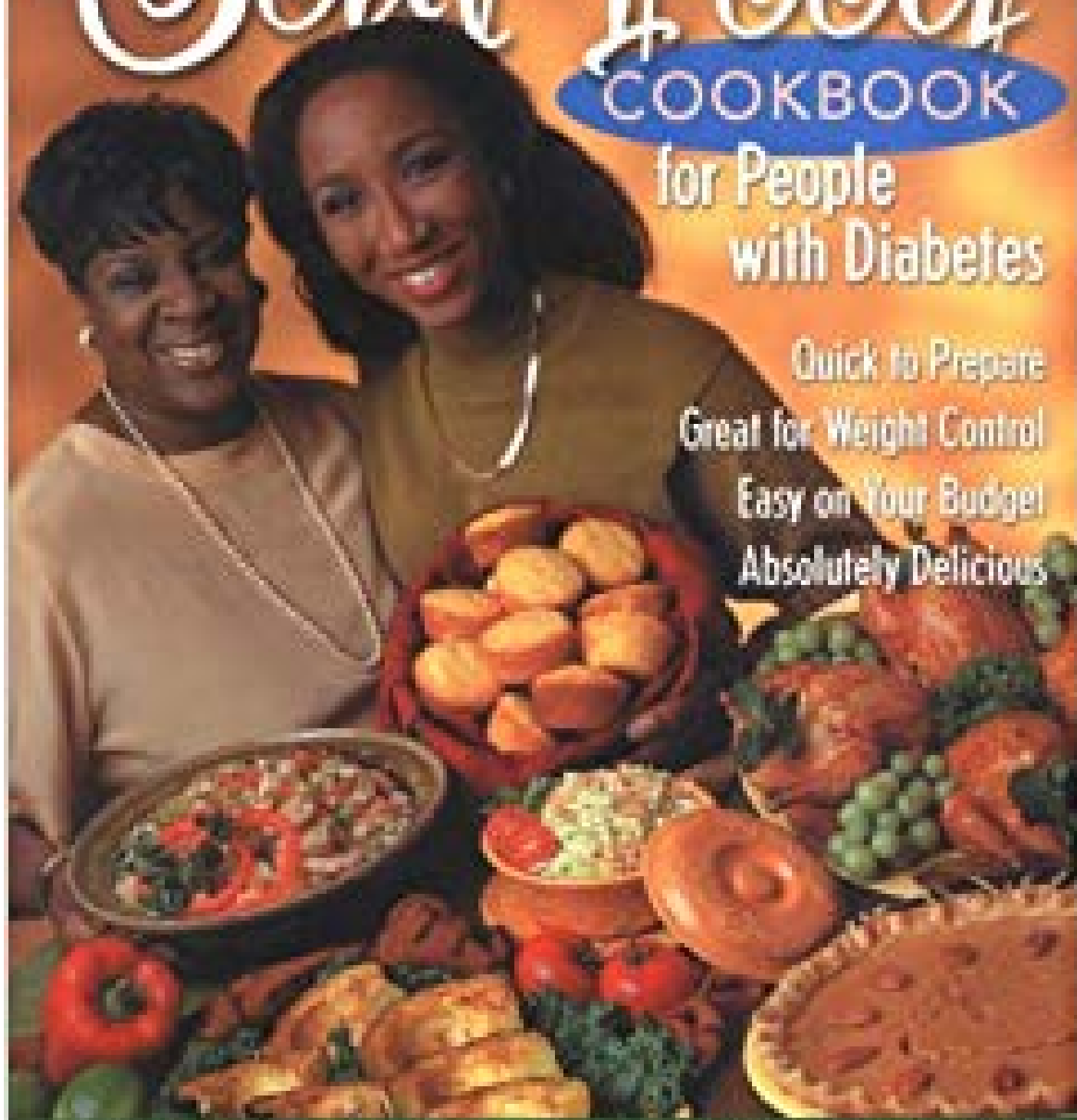


AMERICAN DIABETES ASSOCIATION

THE NEW
Soul Food
COOKBOOK

for People
with Diabetes

Quick to Prepare
Great for Weight Control
Easy on Your Budget
Absolutely Delicious



FABIOLA DEMPS GAINES and RONIECE WEAVER

Fabiola Demps Gaines and
The New Soul Food Cookbook for People with Diabetes



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There's advice for reducing extra fat, calories from fat, and sodium for weight reduction, improved wellness, and diabetes control. The only real book available today to offer people with diabetes traditional African-American recipes All recipes are easy to make and flavor delicious Presents concepts on how to reduce fat, calorie consumption, and sodium intake. Today readers can enjoy sensational, low-fat quality recipes from the initial African-American cookbook for those who have diabetes-"Soul Food Sensations" for People with Diabetes. Plus, the basics of healthy food preparation and menu planning are followed by suggestions for cooking with a number of herbal remedies and spices. The book includes a lot more than 150 quality recipes in all, ranging from appetizers, snack foods, soups, and salads to main dishes, vegetables, side meals, and desserts.



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Not similar book received I purchased this book because I first checked it out at the library. Not really what I expected. The publication I received is not the main one pictured, it does not have any color pictures and on the cover, it says "Compliments of the Merck Trip for Control Program". I didn't see too much of difference between this cookbook and regular cookbooks aside from the nutritional information in the first section, some dishes written twice with one component added to the dishes. This is the only cause I kept this reserve. If you receive a book with the authors putting on green on the cover you could have paid for a "free" duplicate, compliments of Merck which have the same recipes, no pictures but priced as the book shown. Great and affordable Got it for my coworker. It really is precisely what the "bodies" in this house needs. The library copy was larger in proportions and it got color pictures inside. Not quite what I expected The meat dishes were good I am trying many. But I was just shocked to see so many carbohydrates and dishes calling for sugar. Flavorful and healthy. I expected more out of this book. Im a type 2 diabetic and these tested recipes are AWESOME! There are several good recipes in here don't get me wrong. There's another outlined on amazon by the same authors but it is much more expensive and has fewer recipes so I haven't even considered it. Chileee yessss! No substitutes for flour smh I was looking for healthy choices for soul food. Maybe the book is usually dated but I don't see any reference to sugar substitutes. The quality recipes in it are simple, contain the dietary info a diabetic needs to know, and look delicious.. This cookbook uses items we already have available and make use of on a consistent basis. I experienced to make my very own adjustments. Thanks both of you from the bottom of my spice rack. Great Book Love it would recommend Five Stars Love the meals choices Five Stars Good book..but many thanks for your insightfulness.. Do i mention i can still eat the items i love! Simply reading them produced my mouth water. This is apparently almost the only soul meals diabetic cookbook around. There just isn't more than enough diabetes friendly dishes for me. If you are diabetic and loves soul food, I recommend this cookbook. Recipes included sugar instead of sugar substitutes. The recipes are the same. Four Stars I've several recipes that We am searching for this weekend. I'm excited to see how they come out. Right now about the recipes, the sodium and carbohydrate grams are too high in almost all the dishes. Plenty of healthy quality recipes for diabetics to take pleasure from. Affordable as well. Five Stars can do business again... Just what's needed inside our household So many times we purchase cookbooks which have dishes we need to go out and buy ingredients we have no clue what else we'd utilize them for except this "particular" dish. Great cookbook I purchased this for a pal whose dad has diabetes.thanks Recipes are great and easy to prepare Recipes are good and an easy task to prepare. What I don't like is the way that the print on most of the webpages isn't centered. The pages have a lot of "white space" at the top, and the text starts 1/3 of the way down. Just appears like it had been done wrong. Just kidding.



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