



What to Eat When You Get Diabetes: Easy and Appetizing Ways to Make Healthful Changes in Your Diet

Carolyn Leontos

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"Practical and on-target advice."-Marion J. Franz, M.S., R.D., C.D.E. "Practical nutrition information with powerful health implications. . . . Carolyn Leontos takes readers by the hand and leads them step by step toward the goal of good blood glucose control."-Patti Geil, M.S., R.D., F.A.D.A., C.D.E. From the moment you or a loved one is diagnosed with diabetes, immediate changes must be incorporated into your diet because what you eat-and how you prepare what you eat-has a great impact on the progression of the disease. What to Eat When You Get Diabetes begins from that very first moment of diagnosis, acquainting you with the types of foods and meal plans ideal for people with diabetes. But as Carolyn Leontos explains, you don't have to give up your favorite foods to control-or prevent-diabetes. In this practical and reassuring resource, Leontos shows you that a diet for people with diabetes can be filled with satisfying, delicious dishes. Drawing on her extensive experience as a registered dietitian and certified diabetes educator, she combines satisfying menu suggestions, sample meal plans and recipes, and ideas on how to modify your favorite recipes with the personal stories of people living healthily with diabetes. She also addresses such confusing issues as weight loss, meal plans, calories, portion sizes, eating in restaurants, vitamins, and effectively balancing food and medication. You will discover:

- * Why you don't have to give up your favorite foods
- * The truth about saturated, polyunsaturated, and monounsaturated fats-and trans fatty acids
- * What constitutes a balanced meal
- * What to order in restaurants
- * Why fat is important-and why you shouldn't eliminate it from your diet

What to Eat When You Get Diabetes takes the mystery out of good nutrition-and shows you how healthy eating can help you achieve lifelong wellness.

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From reader reviews:

Wendy Miller:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them household or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity this is look different you can read the book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a book. The book What to Eat When You Get Diabetes: Easy and Appetizing Ways to Make Healthful Changes in Your Diet it is extremely good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. Should you did not have enough space bringing this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not to cover but this book offers high quality.

Linda Hill:

Would you one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you just dont know the inside because don't determine book by its handle may doesn't work the following is difficult job because you are scared that the inside maybe not while fantastic as in the outside appearance likes. Maybe you answer may be What to Eat When You Get Diabetes: Easy and Appetizing Ways to Make Healthful Changes in Your Diet why because the great cover that make you consider concerning the content will not disappoint an individual. The inside or content is usually fantastic as the outside or cover. Your reading 6th sense will directly guide you to pick up this book.

Kimberly Martin:

In this period globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to you is What to Eat When You Get Diabetes: Easy and Appetizing Ways to Make Healthful Changes in Your Diet this e-book consist a lot of the information from the condition of this world now. That book was represented how can the world has grown up. The words styles that writer require to explain it is easy to understand. Typically the writer made some research when he makes this book. That is why this book ideal all of you.

Roland Collins:

Within this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you must do is just spending your time almost no but quite enough to possess a look at some books. Among the books in the top collection in your reading list is usually What to Eat When You Get Diabetes: Easy and

Appetizing Ways to Make Healthful Changes in Your Diet. This book that is qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking upward and review this reserve you can get many advantages.

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