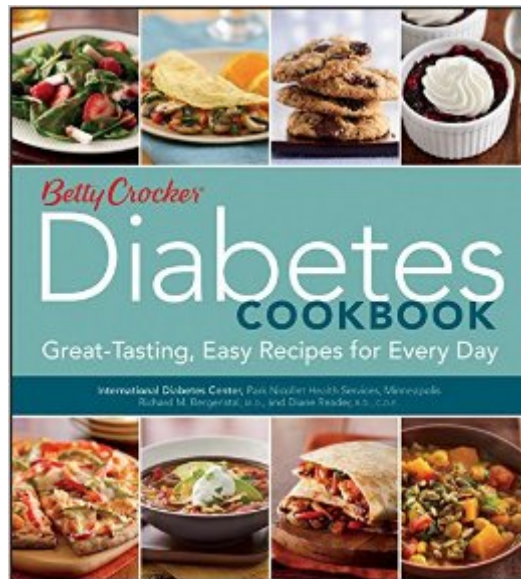


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# Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes For Every Day (Betty Crocker Cooking)



## Synopsis

An updated new edition of the bestselling diabetes cookbook from Betty Crocker and the International Diabetes Center Here's a fresh new edition of the cookbook that proves that people who have diabetes don't have to give up the foods they love and, in fact, can eat incredibly satisfying food every day, for every meal. The Betty Crocker Diabetes Cookbook delivers delicious and healthful recipes for diabetics, along with the latest medical and nutrition information from the International Diabetes Center. This new edition includes brand-new recipes and photos, along with tips and menus that focus on using carbohydrate choices. Plus, an easy-to-understand introductory section provides helpful insight and vital guidance for those with diabetes. Features 140 quick, easy-to-make, and delicious recipes for breakfasts, lunches, dinners, desserts, and more Includes 40 recipes and full-color photos all new to this edition, including gluten-free dishes and fun items like mini cupcakes Includes menus for a variety of special occasions plus a sampling of everyday menus with carbohydrate counts included With the Betty Crocker Diabetes Cookbook, great-tasting meals are never off-limits for people with diabetes.

## Book Information

Series: Betty Crocker Cooking

Paperback: 264 pages

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Product Dimensions: 9 x 0.7 x 10 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (119 customer reviews)

Best Sellers Rank: #27,103 in Books (See Top 100 in Books) #33 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #474 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Very good book in that it uses foods my family is willing to eat, not obscure ingredients that are hard to find or even worse expensive. So far, so good.

A great cookbook, actually tells you what you can and cannot eat. Every place I contacted about

what I could eat, they always gave me a list of what I couldn't eat. Many quick and easy recipes.

Best book on diabetic cooking I have ever seen or used. Gives you the how many carbohydrates per meal and makes it easy to keep track of your diet.

I really like this cookbook because it has a great variety of recipes that the whole family loves. This way I do not have to cook several different things to appease them all. These recipes are full of ingredients that are already in a stocked kitchen so there is no need to hunt down exotic ones. My 14 year old even found recipes that he wanted to try! Great for the whole family.

This is good book. But I am tired of cookbooks that use ingredients that either I don't know what are or the small grocery near my house doesn't have and probably never will. I live in a small rural town and it is over an hours drive to get to a larger store. I would rather they go back to the use of regular ingredients or if they must at least offer alternatives to those unusual ones.

This has a lot of helpful information about diabetes and how to manage it at the front of the book. The recipes are easy to understand and easy to make. And, everything I've made has been great!

disappointed with this book. very few, if any recipes use sugar substitutes. most of the recipes are just what you'd find in any cookbook, but the serving are TINY. That's where the calorie saving comes in. not very helpful

I love this cook book! My spouse was suddenly diagnosed with diabetes and it was hard planning meals and cooking for him and my kids with out making separate meals. This book allows me to make the amazing meals that everyone loves. Now my kids are eating healthier and they didn't even notice and my husband no longer feels like he's missing out on all the good food. Love this book!

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