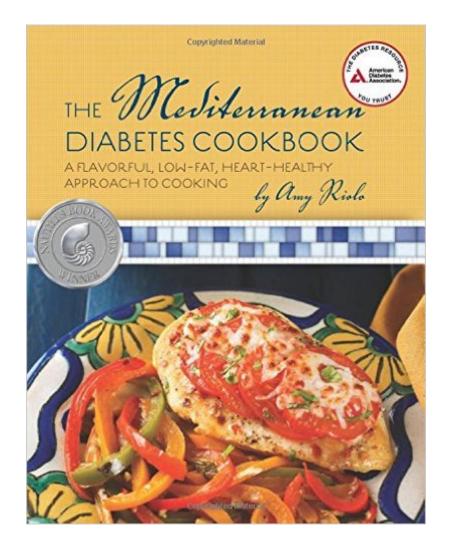
# The Mediterranean Diabetes Cookbook





## Synopsis

Imagine cooking without sacrificing flavor, using healthful, fresh ingredients..... Paired with the moderate Mediterranean lifestyle, enjoy delicious, traditional, and naturally diabetes-friendly dishes. Leave behind the tired, watered-down diabetes recipes crowding out taste in your other cookbooks and regain the joys of eating.

### **Book Information**

Paperback: 316 pages Publisher: American Diabetes Association; 1 edition (February 17, 2010) Language: English ISBN-10: 1580403123 ISBN-13: 978-1580403122 Product Dimensions: 0.8 x 8 x 10 inches Shipping Weight: 1.4 pounds (View shipping rates and policies) Average Customer Review: 4.2 out of 5 stars Â See all reviews (69 customer reviews) Best Sellers Rank: #58,437 in Books (See Top 100 in Books) #34 in Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #78 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #86 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

#### **Customer Reviews**

As with any kind of cookbook, one book certainly will never be everything to everyone. This work is certainly not an exception to that rule, but that being said, this is by far one of the best cookbooks written for those of us who have diabetes and it is most certainly the best one I have found dealing with food from this part of the world.Now before I go further I want to make it quite clear that having to follow a dietary regimen is not the end of the world. This was a misconception I had when I was first diagnosed. I like food. My family likes food. Food is one of our hobbies; it is an important part of our lives. There is a fact that many people do not realize until they discover they have this condition and have really little choice other than changing their eating habits. This is the fact that your condition and diet restrictions pretty much effect most of those close to you; those that are sharing your meals with you in your home and those who prepare your meals for you or you them. Yes, the spouse or companion of the diabetic is also suddenly faced with many of the same changes that he patient is faced with...bummer!Both my wife and I cook. I grant you that she dose more of the cooking than I do (I am though the undisputed dishwasher and cleaner-upper not matter who

cooks), but no matter which of us prepares the meal, we both have to eat the same thing unless we want to go to the trouble of fixing two separate meals, which is really not an option in our case. No, my having diabetes has effected her life just as much as it has mine...that is the truth.Ah, but that does not mean we have to suffer all that much; not with books such as The Mediterranean Diabetes Cookbook and others of this ilk. No, no, most certainly not!

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