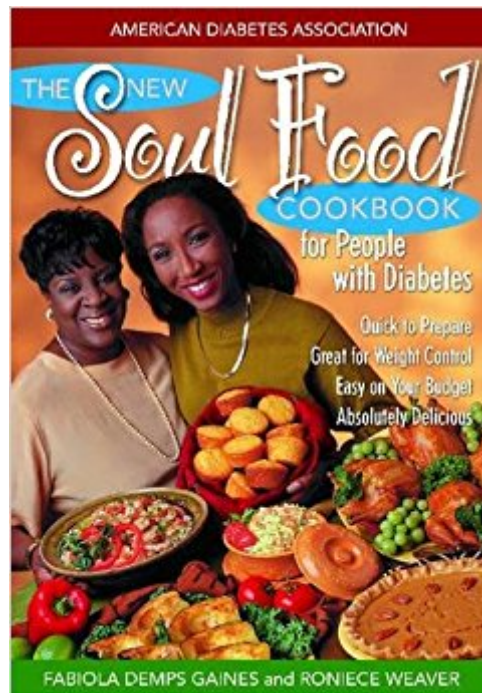




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The New Soul Food Cookbook For People With Diabetes



Synopsis

More than 150 low-fat recipes in the first African-American cookbook for people with diabetes. Features snacks, soups, salads, main dishes, side dishes, desserts, and more. Complete nutrition information with every recipe.

Book Information

Paperback: 212 pages

Publisher: American Diabetes Association; 2 edition (May 17, 2006)

Language: English

ISBN-10: 158040250X

ISBN-13: 978-1580402507

Product Dimensions: 0.5 x 7 x 9.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 85 customer reviews

Best Sellers Rank: #398,388 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #76 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food](#) #327 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#)

Customer Reviews

Fabiola Demps Gaines, RD, LD and Roniece Weaver, RD, LD

A perfect guide line for soul food lovers that are experiencing health challenges and necessary changes on how to eat without sacrificing taste

Great recipes, I bought as a gift for a friend, see loves it too.

Recipes seem AWESOME....haven't tried any of them at this time.

Great Product and Great Seller

except for the nutritional information in the first section, some recipes written twice with one ingredient added to the recipes.

There are some pretty interesting takes on some traditional recipes in this book. I enjoy looking at the recipes and adding some of my own ingredients and touches to the recipes. This is a great beginning book to make some recipes that healthy and I am not diabetic but want to eat better but I don't want to lose the taste.

I like this book and the pictures and substitutions are great.

Love it! However, I was looking for help with cutting carbs, also.

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