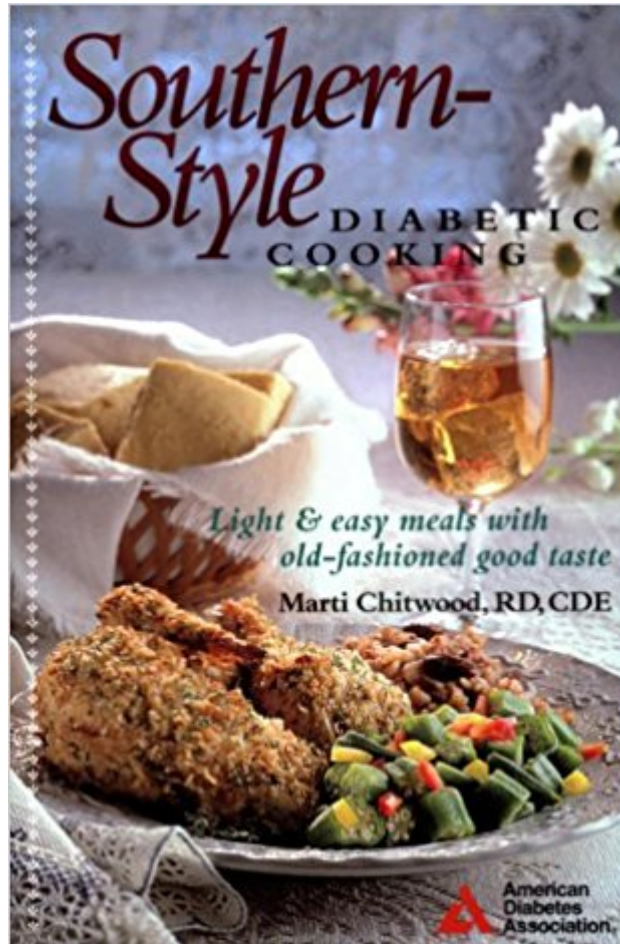




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Southern Style Diabetes Cooking



Synopsis

Takes traditional southern dishes and turns them into great-tasting but good-for-you recipes.

Book Information

Paperback: 116 pages

Publisher: American Diabetes Association; 1 edition (September 1, 1996)

Language: English

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Average Customer Review: 4.5 out of 5 stars 6 customer reviews

Best Sellers Rank: #617,574 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #536 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #3692 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I bought this for my mother as a Christmas present. She loves southern food, but her diabetes makes it difficult for her to eat many of the foods she grew up with. I had a chance to browse through it today and was impressed. Many of the recipes look tasty and easy to prepare. We'll see what Mom has to say after the holiday . . .

This was a gift for a friend who is a diabetic and from the deep south. She said she found many good recipes she was going to make.

This book does not contain the same old recipes that seem to be repeated from one Diabetic Cook Book to another. A delicious way to add some of my southern favorites back into my diet. Nicely documented recipes for carb and calorie content with accurate prep and cooking times. I have tried several of the recipes and am very pleased with my purchase. This would be a very nice addition to any cooking library.

This is truly a must book for people who are diabetics and love real Southern food. Many varied recipes. No weird or hard to get ingredients. Practical advice. Great recipes.

The book gave me some great new ideas for cooking food that is good for diabetics. A must have for everyone.

I recently started experimenting with various cuisines, and stumbled upon this book. Was I in for a pleasant surprise! The recipes are easy to prepare, satisfying and best of all good for you! Try making the Carolina Oyster Stew, or Seafood Gumbo...yum! And how about sitting down to some delicious Pecan Waffles with your coffee tomorrow morning? You will truly enjoy the healthy side of Southern cooking; have fun y'all!

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