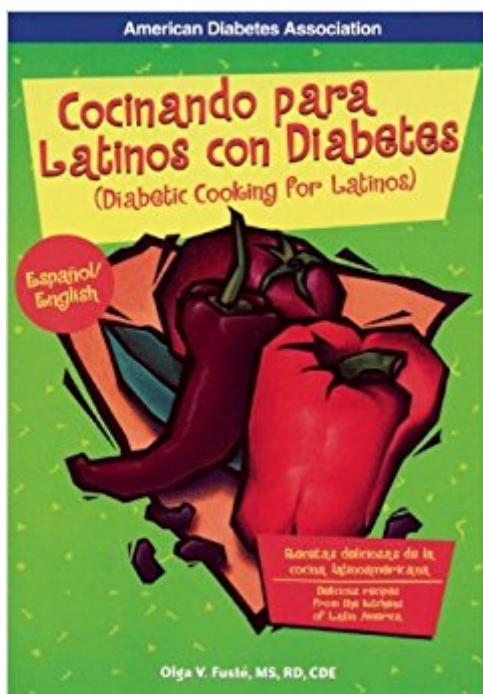


The book was found

Cocinando Para Latinos Con Diabetes / Diabetic Cooking For Latinos (Spanish Edition)



Synopsis

All the great Spanish classics made healthier! 87 recipes in Spanish and English fit into your diabetes meal plan. Kitchen-tested favorites include: . Tender Chayotes -- a Costa Rican delight with just 65 calories . Chicken Hallacas -- a true Venezuelan treat wrapped in healthier banana leaves . Baked Papaya topped with ice cream and just 90 calories. Includes exchanges.

Book Information

Paperback: 281 pages

Publisher: American Diabetes Association; Bilingual edition (September 11, 2002)

Language: Spanish

ISBN-10: 1580400647

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Product Dimensions: 9.9 x 7 x 0.6 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 stars 19 customer reviews

Best Sellers Rank: #508,059 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #197 in Books > Cookbooks, Food & Wine > Regional & International > International #404 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

Customer Reviews

Diabetics must be careful when eating, as too many carbohydrates and too much fat and sodium will elevate their blood glucose, cholesterol, and blood pressure. Those who enjoy spicy Latin American fare will be happy to learn that they can still eat their favorite delicacies by modifying the recipes. Fuste, a dietitian who runs a nutrition program for seniors, presents more than 150 recipes for such traditional dishes as empanadas, salsas, paella, tamales, meats and seafood, beverages, and desserts. By grilling or baking instead of frying, using low-fat dairy products, and reducing the amount of sugar and salt, cooks can make healthy meals while retaining traditional flavors. The bilingual text has English and Spanish versions on facing pages, and the author provides nutritional and diabetic exchange information for all recipes. She also includes a glossary, shopping list, chili rating chart (in terms of hotness), a resource list, and guidelines for a walking program. There are other interesting diabetic cookbooks, such as Chris Smith's Cooking with the Diabetic Chef, but none specifically for Latin foods. This will make an excellent addition to consumer health and cooking collections in all libraries.

Barbara M. Bibel, Oakland P.L., CA
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I have many diabetic, culturally true Hispanic patients, and to tell them not to eat rice.....well, you've lost them from there. They WANT to do right, but they also live in their families! This is a great book- a recipe per page clearly written out with facing page in English!!! Patients seem excited that the food is familiar. And the recipes seem to work for them. SO glad I bought it. I have tried a couple as well- Mexican food is my hands down favorite- and they are good alternatives to old favorites.

My neighbor needed more recipes for her husband and she went through it and seems to like it. Someone needs to change the listing for the sale of this book as both English and Spanish. I thought I ordered Spanish only but that is ok. It has recipes from different Latin Countries

This is a very good book for Diabetic cooking, in this book you find out that you don't have to deprived your self from eating good food, the recepies are in English & Spanish, I gave this to my Mom and she love it even my sister like it, they have made lots of recepies from it, and they also learn to modified others.its a very handy book for whom ever what to try healthy dishes

great book, good easy to follow recipes

Answered useful questions for my patient population that wanted guidance on what to cook and how.

I liked this book. Got it for a friend that enjoys her Latin cuisine but was diagnosed pre diabetic and was hesitant about cooking. The recipes are simple using basic ingredients with a focus on discussing portion control and cooking with herbs and spicess.

This book too was purchase for my friend, to help keep her blood sugar in check while she has fun eating once again, and so far it is working that way.

My mother has been recently diagnosed with Diabetes and this book has good recipes for her to eat

healthy and sugar safely. She is in another country so I haven't been able to taste any of the recipes but she says it's working for her (and the rest of the family).

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