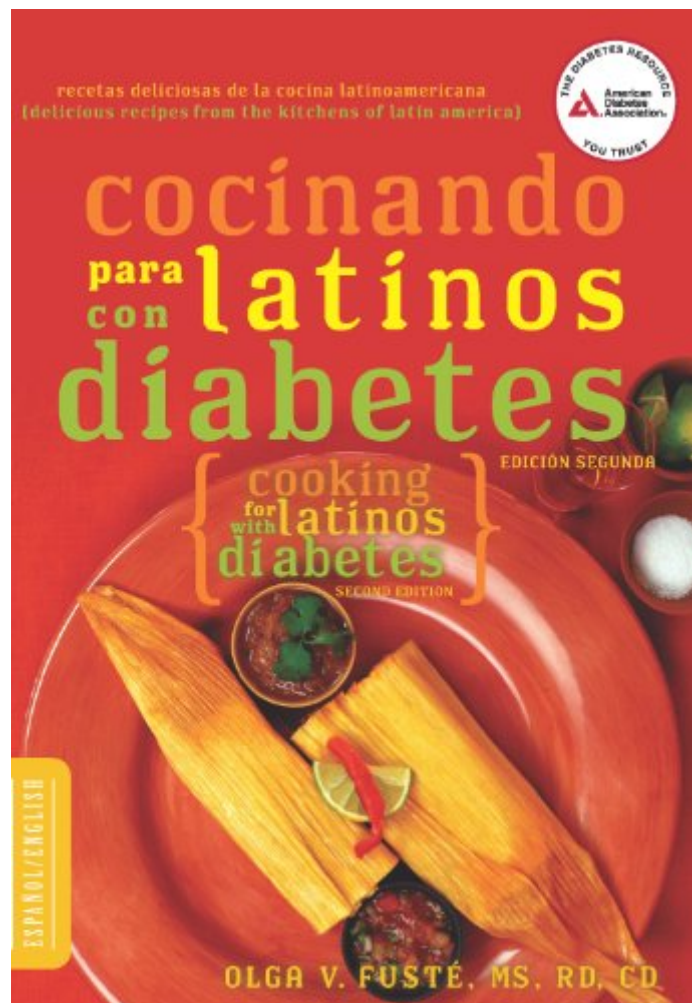


The book was found

Cocinando Para Latinos Con Diabetes (Cooking For Latinos With Diabetes) (American Diabetes Association Guide To Healthy Restaurant Eating)



Synopsis

People often think diabetes meal plans mean bland, tasteless foods and tiny portions. But did you know that you can still eat tasty dishes from classic Latino cuisine? Enjoy traditional meals from all over Latin America with *Diabetic Cooking for Latinos*. This bilingual Latino cookbook, with English and Spanish versions of each recipe, is chock full of healthy meals for people with diabetes. Readers can enjoy authentic, wholesome food and work to manage blood glucose levels at the same time! With more than 100 recipes full of the flavors of Latin America, complete nutrition information for each recipe, and diabetic exchanges, meal planning is a breeze. Each recipe is tested to meet the American Diabetes Association nutrition guidelines, ensuring that the recipes are healthy and suitable for any diabetes meal plan. Ever wonder what epazote is or the difference between guajillo chiles and habanero chiles? Go to the glossary! Feeling lost in the grocery store aisles? Check out the specialized shopping lists in the back! Want to know which chiles to use in an upcoming dinner party? See which chiles are the hottest in the chile chart! Ready to walk off some extra calories from these great meals? There's a 13-week walking program, too! Some of the delicious recipes include Sangria Sofrito Ranchera Sauce Cassava Arepas Cactus (Nopales) Salad Peruvian Chicken Stew Ajiaco Chicken Breast with Chipotles Red Snapper Veracruz Meatballs Puebla Style Classic Argentinian Empanadas Tamales with Guajillo Chiles Rice with Black Beans and Bacon Yaya's Vegetable Paella White Beans with Chorizo Spicy Rice Pudding Baked Papaya Soft Vanilla Custard. Features 8 pages of custom photography, beautifully illustrating some of the most popular dishes.

Book Information

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Customer Reviews

The recipes are simple and tastes delicious. The ones I have made. My diabetes is now under control. Good book. Will recommend it to anyone. Who knew that with diabetes you can eat spanish food as rich as it is.

I bought this for my stepfather because he loves to eat and he loves sweets but he has diabetes and he can't eat sweets at all unless his sugar levels are down. This book has a lot of good recipes but it also has a lot of recipes that include sugar... so I'm not sure why they wrote a book that has all of its dessert and some of its drink with sugar in their recipe.

I purchased this book for family and they loved it. They used the cookbook to make healthier foods and they enjoyed it.

Un libro muy interesante y con muy buena informacion

Me gusto. Buenas recetas.

Recipes are delicious and healthy. English and Spanish side by side, so if looking for an ingredient you will know how to describe in both languages.

I bought this item for my dad, and he liked it very much, although the package arrived much later than it was promised.

the recipes are not consistent with the diet and certainly not consistent with original latin recipes. It is an interpretation of the author and might be a fusion, therefore original names should not be used.

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Cooking for Latinos (Spanish Edition) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) American Diabetes Association Guide to Healthy Restaurant Eating: What to eat in America's most popular chain restaurants Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) The Zuni Cafe Cookbook: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes Diet Healthy Nutritious Diabetes Recipes to Control & Reverse Type 1 & 2 Diabetes (Diabetes, Diabetic Diet, Healthy Eating, Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast,

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Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes)

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