



# Betty Crocker's Diabetes Cookbook

By Betty Crocker

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## Betty Crocker's Diabetes Cookbook By Betty Crocker

At last! This special cookbook puts flavor and choice back on the menu for people with diabetes and their families

Betty Crocker, America's most trusted friend in the kitchen, has teamed up with the International Diabetes Center (IDC)--one of the leading medical centers--to create an indispensable source of easy-to-make recipes and up-to-the-minute food and nutrition information for the growing numbers of people who have diabetes, more than 15 million of them.

Here is the first cookbook to include recipes featuring Carbohydrate Choices--the new, simplified approach to meal planning recommended by the American Diabetes Association. For people who find diet exchanges too hard, too limiting or too much work, this new method is a real breakthrough. Each of the book's 140 recipes shows the number of Carbohydrate Choices per serving, so that planning the rest of the meal is easy. From Old-Time Beef and Vegetable Stew to Creamy Vanilla-Caramel Cheesecake, the recipes are made with everyday ingredients, including sugar. No food groups or ingredients are left out, so there's no need for anyone to feel deprived or restricted to a special diet. Food exchanges are also included, making it easy for those who still count calories. Betty Crocker's Diabetes Cookbook is also packed with expert medical and nutrition tips from Dr. Richard Bergenstal, an endocrinologist and diabetes doctor, and two registered nurses--invaluable for the newly diagnosed as well as for those who have been coping with diabetes for years. Throughout the book, real-life advice from people who have diabetes offers inspiration and great ideas on dealing with this chronic disease. When it comes to eating and living with diabetes, people need guidance and advice they can trust.

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## **Betty Crocker's Diabetes Cookbook** By Betty Crocker Bibliography

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### Editorial Review

#### From the Inside Flap

No matter what type of diabetes you have, the diagnosis can feel overwhelming. You may have questions about what you can or should eat and whether there are some foods you have to give up altogether—that's where this book can help. Betty Crocker, teamed with diabetes experts from the International Diabetes Center, has created an all-in-one diabetes resource, filled with delicious recipes and up-to-the-minute medical and nutrition information.

Here's great news about diabetes: The best-kept secret of diabetes food planning is that it's good for everyone. You may think that people with diabetes need special foods prepared special ways, but as you look through this book, you'll find a wide variety of delicious and satisfying foods that you can eat—and that the whole family will enjoy.

This book is designed to make meals easy. It's our first cookbook to count Carbohydrate Choices for every recipe, following the latest guidelines of the American Diabetes Association.

You'll also turn to this book for its easy-to-follow health information, from an explanation of the types of diabetes to a nutrition primer and a medical resource guide. The section "Diabetes Care: It's in Your Hands" empowers you to understand your care process. The goal is to help you feel in control of your diabetes, instead of letting diabetes control you.

Throughout, you'll find plenty of encouragement. There's real-life advice from people with diabetes, as well as parents of kids with diabetes and other caregivers who deal with diabetes day in, day out.

Finally, you'll find a week's worth of delicious menus, complete with breakfast, lunch, dinner and snack ideas, followed by a glossary of medical, nutrition and other diabetes terms.

As a source for recipes and so much more, Betty Crocker's Diabetes Cookbook will become your all-in-one diabetes resource.

#### From the Back Cover

"I wholeheartedly recommend this book for anyone with diabetes. The authors, leading experts in diabetes care, have integrated good nutrition with practical tips on all aspects of diabetes."

-Christopher D. Saudek, M.D.

Johns Hopkins University School of Medicine

Immediate Past President, American Diabetes Association

Delicious Meals Are as Easy as 1-2-3 with Carbohydrate Choices!

A portion of the profits from this book will be donated to diabetes research and education

If you have diabetes, you don't have to give up the meals you love or food that tastes great! Betty Crocker and the International Diabetes Center have teamed up to create this book to help you eat well and feel your best.

You'll find:

- \* 140 delicious recipes created using the most current diabetes guidelines, including Italian Shrimp Stir-Fry, Cranberry-Orange Scones, Fettuccine with Asparagus and Key Lime Bars
- \* Real-life advice from people with diabetes who deal with diabetes day in, day out and share their great ideas on planning, preparing and enjoying these recipes
- \* Diabetes care: it's in your hands, a simple guide to diabetes care from Dr. Bergenstal to use for quick reference anytime
- \* Seven-day menu plan for a week's worth of healthy meals and snacks
- \* Carbohydrate Choices for every recipe, as recommended by the American Diabetes Association-the easier way to plan your meals throughout the day
- \* Nutrition information with every recipe, including food exchanges if you use them to plan your meals
- \* Diabetes resource guide and medical glossary

#### About the Author

Richard M. Bergenstal, M.D., executive director of the International Diabetes Center, is an endocrinologist at Park Nicollet Clinic in Minneapolis, and clinical professor of medicine at the University of Minnesota. He did his medical and endocrine training at the University of Chicago, where he was a member of the faculty before joining the International Diabetes Center's renowned patient-centered care team. He has served as a principal investigator in key research studies in type 1 and type 2 diabetes, defining the importance of good blood glucose control in preventing the complications of diabetes.

Diane Reader, R.D., L.D., is a certified diabetes educator and manager of professional training at the International Diabetes Center. She is the author of numerous patient-education and professional publications on nutrition and diabetes. Reader graduated from the University of Minnesota with a degree in Food Science and Nutrition. As a registered dietitian, she has taught and counseled thousands of patients with all types of diabetes on how to change their eating habits to improve their blood glucose control.

Maureen Doran, R.D., L.D., is a consultant on nutrition and health promotion and maintains a clinical nutrition practice in Minneapolis. Her expertise is in weight management, heart disease and diabetes. She is passionate about finding enjoyable food choices that help people maintain optimal health. With two siblings and a parent living with diabetes, her experience with diabetes also includes being a supportive family member.

## Users Review

### From reader reviews:

#### **Thersa Moss:**

Here thing why this specific Betty Crocker's Diabetes Cookbook are different and reliable to be yours. First of all reading a book is good but it really depends in the content of it which is the content is as delicious as food or not. Betty Crocker's Diabetes Cookbook giving you information deeper and different ways, you can find any publication out there but there is no e-book that similar with Betty Crocker's Diabetes Cookbook. It gives you thrill reading journey, its open up your current eyes about the thing that happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in recreation area, café, or even in your means home by train. For anyone who is having difficulties in bringing the paper book maybe the form of Betty Crocker's Diabetes Cookbook in e-book can be your choice.

#### **Mary Stock:**

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### **Buddy Beckstead:**

Reading can called head hangout, why? Because when you find yourself reading a book particularly book entitled Betty Crocker's Diabetes Cookbook the mind will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely can be your mind friends. Imaging each and every word written in a publication then become one contact form conclusion and explanation this maybe you never get previous to. The Betty Crocker's Diabetes Cookbook giving you a different experience more than blown away your brain but also giving you useful details for your better life in this particular era. So now let us explain to you the relaxing pattern this is your body and mind are going to be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

### **Steven Miller:**

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