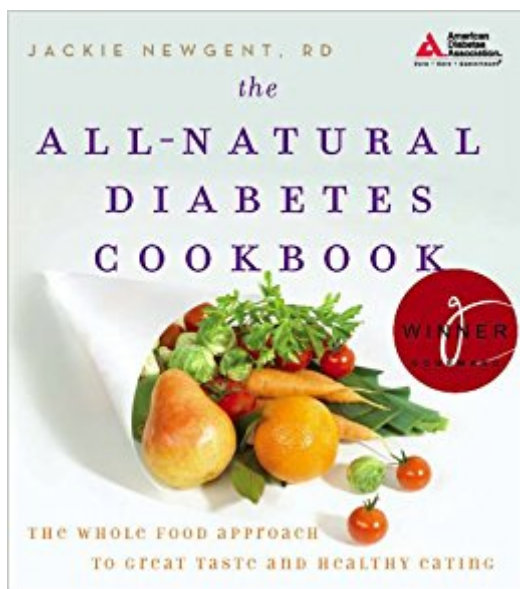


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# The All-Natural Diabetes Cookbook



## Synopsis

Most diabetes cookbooks rely on artificial sweeteners or not-so-real substitutions to reduce calories, sugar, and fat, but often at the expense of flavor. The All-Natural Diabetes Cookbook takes a different approach, focusing on naturally delicious fresh foods and whole-food ingredients to create fantastic meals that deliver amazing taste and well-rounded nutrition. And absolutely nothing is artificial. Natural, fresh cooking isn't just healthy—it's delicious!

## Book Information

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Average Customer Review: 4.1 out of 5 stars 39 customer reviews

Best Sellers Rank: #158,138 in Books (See Top 100 in Books) #10 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #44 in [Books > Cookbooks, Food & Wine > Special Diet > Whole Foods](#) #99 in [Books > Cookbooks, Food & Wine > Cooking Methods > Organic](#)

## Customer Reviews

Starred Review. Operating under the premise that "fresh is best," registered dietician Newgent offers a wealth of terrific, healthy ideas for diners of all stripes. With an emphasis on the classics, Newgent offers ingenious tips to cut fat and cholesterol, like using silken tofu to emulsify the Hollandaise sauce for her Eggs Benedict, or using cottage cheese in lieu of butter to keep lean burgers moist. She dispels the myth that healthy eating has to be bland, evidenced in her Tequila-Lime Chicken with Fettucine in Creamy Jalapeno Sauce, Moroccan Turkey Burger and Beer-Brewed Sloppy Joes. Common dishes like Chef Salad get a zesty burst of flavor from a tarragon-laced balsamic dressing, and a fingerling potato salad is dressed in a lowfat sour cream sauce loaded with dill, chives and Creole mustard. Newgent makes it easy to stick to one's diet, including tips on doubling many of the recipes as well as make-ahead tips, online resources and trivia. Exchange information is included for each dish, as well as a substitution guide for common ingredients like sour cream, cheese and sugar. Copyright © Reed Business Information, a

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Jackie Newgent, RD, is a regular contributor to Weight Watchers Magazine and Glamour, and a contributing advisory board member for Fitness. She has appeared nationally on ABC's Good Morning America, NBC's Later Today, CBS's Up to the Minute, and much more. Newgent is a recreational chef instructor at the Institute of Culinary Education. She was an American Dietetic Association national media spokesperson.

Single-handedly convinced me I could deal with diabetes and still be a foodie. THANK YOU. I am disabled and chronically ill before I was Diabetic. Cooking and eating were two of the only pleasures I could still have. The diagnosis almost threw me over the edge. This book's upbeat and practical focus were motivating; I can eat healthfully, with variety, even drink wine, wow. Highly recommend.

First off, let me say that if you buy the Kindle version this book has an issue with cutting off the right side of the text at the end of the line, and you will have to constantly adjust the font size to see what you're missing. Some parts of the book are worse than others. It's especially bad in the list that follows the heading ACHIEVING HIGH-FLAVORED DISHES NATURALLY that appears early in the book. That said, there is also useful advice such as the following: "The USDA doesn't claim that organically produced food is more nutritious or safer than conventionally produced food. However, according to the Environmental Working Group (EWG), it's best to go organic when buying certain fruits and vegetables, as research finds it can reduce your exposure to chemicals found in conventionally produced food. The EWG has a list of the "dirty dozen," which is based on pesticide residues. So, try to choose organic when buying apples, bell peppers, celery, cherries, imported grapes, lettuce, nectarines, peaches, pears, potatoes, spinach, and strawberries." I just really question the use of so many animal-products in these recipes and the inclusion of things like Eggs Benedict (even if the sauce is based on tofu [which is 90% GMO soy] and includes smoked ham and so on). I never saw any results eating this way. It was only when I followed the advice in Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs and The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes that I was able to drop my blood sugar and even in time get off my medication (off Glipizide so far after just a couple months and next going for getting off Metformin). (And beyond the diabetes help, getting rid of animal products or changing your priorities so you eat vegan even just 5 out of 7 days a week will improve your health in so many ways.) This

advice in this book seems old-fashioned and a have your cake and eat it too approach that isn't going to lead to much in the way of results.

I am originally from Louisiana, and French, Cajun, and Italian dishes (the more complicated and richer, the better) are second nature to me, but at 56 I was unexpectedly diagnosed with Type II diabetes. By inclination, I am one of those persons who doesn't care how "good" something is for me -- if it doesn't taste good, I'm not going to eat it! And I despise the "taste" of artificial sweeteners, and don't believe they do my body any good either. Well, after having this book a week, I've discovered that the author seems to have an excellent set of priorities: (1) Food should look and taste good; (2) it shouldn't take forever to prepare; (3) it should follow sound thinking for helping you get your diabetes under control. Although I consider myself an innovative cook, I would never have thought of marinating fresh sliced strawberries in balsamic vinegar. Delicious! Or how about a breakfast patty made from chopped granny smith apples and chicken breasts? In short, if you have diabetes or cook for someone suffering from it, I highly recommend this book. If you are short of time, and just want to eat healthier, this simple book is very enjoyable and creative!

I bought this book for a family member with diabetes in search of a cleaner ingredient diabetes cookbook. As I was glancing through the cookbook (before I gave it to them) I was definitely excited about the contents. The recipes seemed easy & delicious with REAL ingredients. I also love the tips on how to prepare it ahead of time, the nutritional facts towards the bottom of the page, the photos, and how easy it is to navigate.

After stumbling upon Jackie Newgent's "real food" (even for dieters) philosophy in a Women's Day magazine, I just had to check out her only published cookbook. I have been testing recipes from it for two weeks, and I am very impressed. I love healthy food and international cuisine, and this cookbook is a perfect fit for me. My family has absolutely loved everything I have made from this cookbook (none of us is diabetic). Chicken Scampi is restaurant quality (take Newgent's "Food Flair" tip, and add the toasted pine nuts and lemon zest-subtle and sophisticated!). The book is packed with useful information and helpful tips. It is fun for an experienced cook, but detailed enough for beginners-I am going to purchase 3 more copies for my daughters!

Good product and service

This was just what I was looking for. The focus on fresh foods and herbs helps make the recipes very flavorful. It has really helped with my search for more veggies in our diet as someone helping a newly diagnosed spouse with diabetes.

I appreciate the author writing an all-natural cookbook for diabetics. It is so refreshing to see a cookbook for people with diabetes that does not use or recommend artificial sweeteners and other artificial low-fat ingredients. My husband has diabetes and it is possible to eat well with diabetes without resorting to "artificial foods". I love the tips and her wholesome approach to meal planning.

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