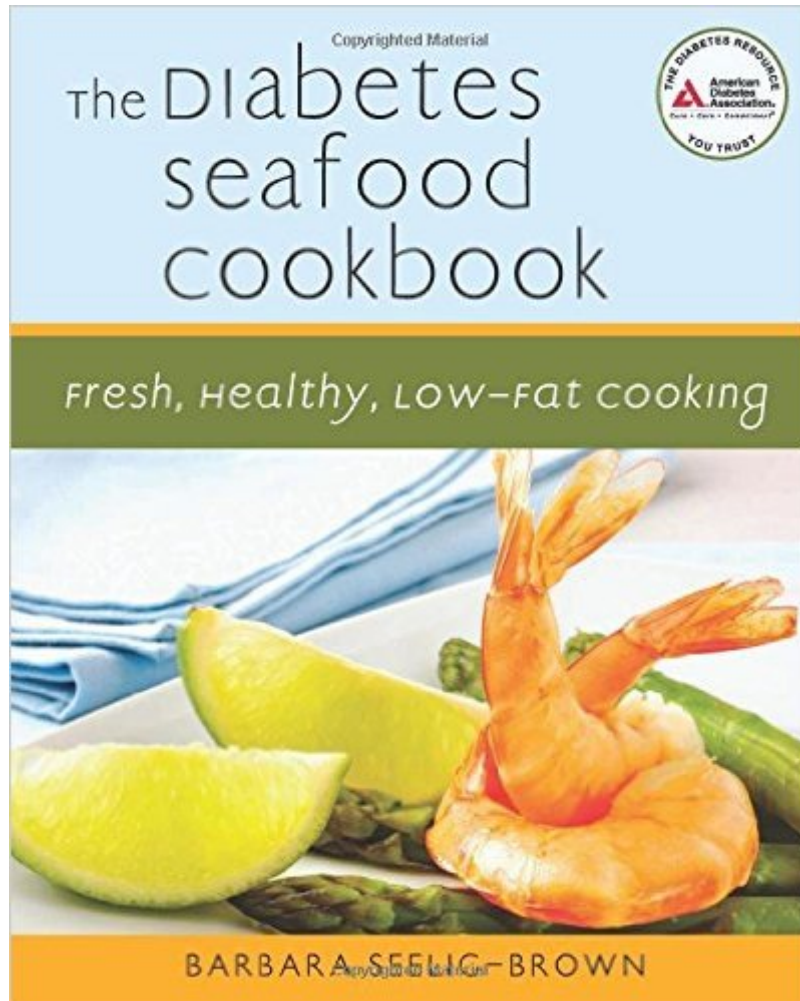


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# The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking



## Synopsis

From freshwater and saltwater fish to crab, shrimp, and clams, The Diabetes Seafood Cookbook delivers over 150 delicious recipes fresh from the sea. Whether you're looking for a perfect appetizer, a delightful dinner, or a satisfying side dish, this is your one-stop shop for fresh, delicious seafood.

## Book Information

Paperback: 190 pages

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Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #1,323,113 in Books (See Top 100 in Books) #71 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #106 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #453 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

## Customer Reviews

This cookbook packs in over 100 great seafood recipes and side dishes for people with diabetes, as well as those just looking to eat healthy food. As a Registered Dietitian and Certified Diabetes Educator I encourage my patients to include at least 2 fish meals per week. Many are intimidated to cook fish at home or are unsure of how to prepare it. I finally have a great reference to guide them to!! You'll find the "Cook's Tips" packed with alternative ideas on how to prepare, purchase or serve the dish. Many of the recipes contain ingredients which are found in your pantry or fridge so it is easy to cook up a meal quickly. All of the recipes include nutritional information in exchanges as well as the carbohydrate grams for carb counting. Calories, fat, fiber, protein and sodium values make it easy to use these recipes when following any meal plan. I have had the pleasure of tasting many of these delicious recipes in Barbara's cooking classes and my own home. Enjoy Kathy Tighe, RD, CDE, MPA

Fantastic book but misnamed. This is a book for everyone, not just diabetics. With excellent,

healthy, tasty, easy to follow recipes, this book provides much needed diversity to cooking seafood. My only regret is that I have not had enough time yet to try all the recipes. Kudos to the author and the Diabetes Association for coming up with such a wonderful resource for the kitchen.

The recipes in this book are excellent! The steps are very easy to follow and all ingredients are practical not those unusual impossible to find ingredients. The author puts the nutritional values and exchanges - perfect for a diabetic. I especially like the "Cook's Tip's" throughout the book! The recipes I've made so far are all delicious.

I am not a gourmet cook but I really enjoy these recipes because they are simple and straightforward. You can get the ingredients at any grocery store and the author gives great tips on short cuts and substitutes. My husband and I love the Sole Genovese.

Even if you're not a big fan of seafood, there's something in this book for everyone. I promise you won't be disappointed!

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