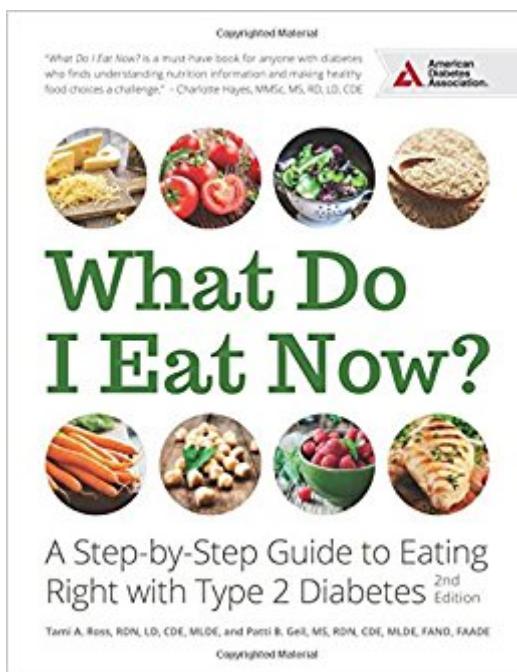


The book was found

What Do I Eat Now?: A Step-by-Step Guide To Eating Right With Type 2 Diabetes



Synopsis

Any person diagnosed with diabetes has one simple question: What do I eat now? When diagnosed with type 2 diabetes, doctors typically tell their patients to start eating healthy. But what does that mean? If figuring out what to eat seems like taking a test, here's the solution, the American Diabetes Association book, *What Do I Eat Now?*. Written in clear, concise, and down-to-earth language that takes the mystery out of confusing nutrition recommendations, this indispensable guide can help readers make lasting changes in as little as a month. In only 4 weeks, readers can eat better, improve their diabetes management, and live a healthier lifestyle. With *What Do I Eat Now?*, readers will be able to: Start off fast; quickly turn their diet around; learn what to eat and when; Cut to the Chase; follow easy, straightforward advice from diabetes experts; Leave Confusion Behind; learn essential nutrition tips everyday; For those simply looking to be told what to eat, *What Do I Eat Now?* has everything needed to take the guesswork out of healthy meal planning. Start eating better today!

Book Information

Paperback: 136 pages

Publisher: American Diabetes Association; 2 edition (October 13, 2015)

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ISBN-13: 978-1580405584

Product Dimensions: 6.8 x 0.6 x 8.9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars (See all reviews) (45 customer reviews)

Best Sellers Rank: #4,184 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #3 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

Customer Reviews

I recently plowed through several dozen books from my local library, and decided this was the one I had to own myself. The perfect choice if you've just been diagnosed as prediabetic or diabetic. Accurate, up-to-date science. Helpful, clearly presented information. Balanced presentation of the four diets other books try to claim as miracle cures (Mediterranean, vegetarian, low-carb, DASH). Meal and snack suggestions, plus easy recipes. Sensible education, encouraging news, even good

writing.

Honestly, I was really disappointed with this book. I saw the reviews and really hoped that it would help me figure out what I could and needed to eat. Advice like get a happy meal at McDonalds instead of an adult meal was not the kind of help I needed. I eat healthy, work out frequently, and maintain a healthy weight. I was looking for substitutions for things I ate like what to eat instead of oatmeal and rice without adding sodium, fat, and calories.

I bought this book when my partner was placed on metformin. We wanted a good basic primer on proper diet. The info here is exactly what you can find for free on so many websites. Nothing new, interesting or enticing here. A waste of money

I ordered this book for my recently diagnosed diabetic sister. She was finding it hard to adjust to or figure out what to eat and what not to eat. She loves this book and says it has helped her a lot.

Good information! I ordered this for my 86 yr old dad who was just diagnosed with diabetes. He felt confused and upset like he was a failure. I sent this with a note to read a little at a time, not to get overwhelmed and to digest a little reading at a time. He called me today to tell me thanks, and that it was very enlightening and he learned so much even for the first paragraphs. Then he commented on how glad it suggested how to get started on how to start thinking differently with choices, like having one cookie not four. He's going to be ok and in glad this book was written to give some basic and in depth information to those I love.

This is a great and informative book for diabetics. It really gives important information to the diabetic reader and/or a caretaker of a diabetic person.

Great way towards healthy eating. Excellent Guide.

Bought this as a gift for my Mother who was recently diagnosed as being Diabetic, she said she has found it easy to ready and a useful guide to her new diet.

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