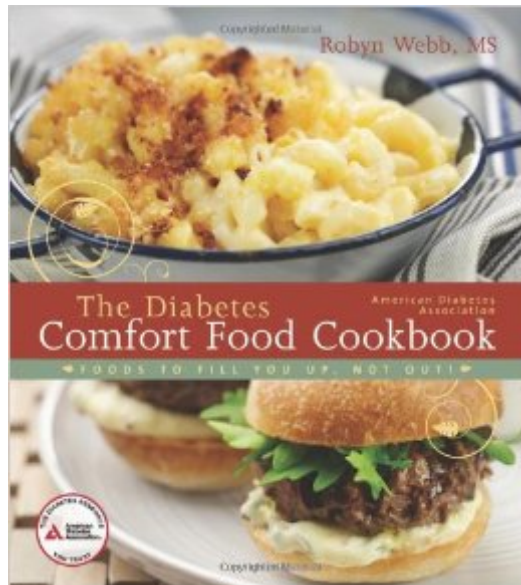


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# The American Diabetes Association Diabetes Comfort Food Cookbook



## Synopsis

While fancy and sophisticated foods continue to grow in popularity, ask most people what their favorite foods are and the answer will invariably be classic comfort foods: lasagna, meat loaf, mac and cheese, and cake. Unfortunately, most people think that having diabetes means the days of enjoying these hearty classics are long gone, and that their favorite foods are a thing of the past. Author Robyn Webb shows that healthy eating doesn't have to mean giving up on favorite foods! Diabetes can be overwhelming, but it doesn't mean reinventing the wheel when it comes to cooking. Just a tweak here and there and familiar foods can remain favorites, guilt-free, and enjoyed every day. The American Diabetes Association Diabetes Comfort Food Cookbook creates a go-to collection of updated comfort foods for families that need to cook nutritionally sound and diabetic-friendly meals that will satisfy and soothe the souls of the member (or members) of the family with diabetes and do the same for the rest of the family. No need to cook two meals to please everyone in the household. Now everyone can enjoy the same hearty and nutritious meals. This book will ease the stress of planning meals by offering easy and flavorful recipes and a menu planning guide that allows for mix and match meals that will keep everyone in the family happy, healthy, and satisfied. Filled with gorgeous original photography and a beautiful four-color design, this cookbook will look as good as its meals. Sprinkled with helpful tips and time-saving advice, The American Diabetes Association Comfort Food Cookbook will not only make classic comfort foods healthier and diabetes friendly, it will make them a snap to prepare as well. Following a diabetic meal plan doesn't have to be a flavorless chore. Now everyone can enjoy the classic foods they know and love!

## Book Information

Paperback: 192 pages

Publisher: American Diabetes Association; 1 edition (October 11, 2011)

Language: English

ISBN-10: 158040443X

ISBN-13: 978-1580404433

Product Dimensions: 0.5 x 8 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (289 customer reviews)

Best Sellers Rank: #5,985 in Books (See Top 100 in Books) #1 in Books > Health, Fitness &

Dieting > Diets & Weight Loss > American Diabetes Association #7 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Diabetes > General #8 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

The carb counts in this book are **WRONG**. Some are seriously wrong. My 12 year old daughter is newly diagnosed with type 1 diabetes. I got this book for her and she was grateful to have something with carbs listed, so she could plan her insulin shots and meals. She picked a recipe with black beans and rice, which had carbs listed at 6 g per 1 cup serving. She was so excited she could have two cups for 12 g. I stopped and looked at the meal, which was comprised entirely of rice with some black beans and spices and thought the count seemed wrong. Cooked rice **AND** black beans have carb counts of 43 g per cup. She started crying when I told her the book was wrong. She had one cup, gave herself appropriate insulin for 43 g and her later blood sugar checks made us glad we didn't believe **THIS COMPLETELY INACCURATE CARB COUNT**. I looked up another recipe; roast chick peas; also wrong. Chick peas are 80 g of carb per can; multiply by 2, divide by 8 servings, you get 20 g of carb per serving, not the 11 g the book states. It sells recipes to report low carb counts. This book could really hurt someone. I don't understand the ADA name on it. I don't actually understand how the book got this far at all.

Diabetics looking for low carb alternatives need to look elsewhere. All of the recipes are extremely carb heavy (many 20-30g per serving). The author starts focusing on low fat and low calorie which really isn't as significant of a factor for diabetics. None of the recipes are actually significantly different than what you could find in any cookbook since they don't even bother to be low-carbohydrate alternatives. There are no recipes in this book that I will use.

This has to be my fav Robyn Webb cookbook. About 8 years ago I was out of shape and used her cookbooks to start getting back towards a healthier lifestyle. Well, guess what, I let myself get out of shape again and have decided it's time to get my health back. I purchased this cookbook via Kindle and use my Kindle app on my pc. The recipes have real ingredients and aren't a burden of time in the kitchen. Instead of shopping for a week at a time I'll be doing my shopping for 3 meals, since so many fresh veggies are involved. If you are thinking of purchasing the book, do what I did, get on YouTube and type in Robyn Webb. She has videos of her prepping dishes from the cookbook. I so can't wait to make the Apple Pandowdy. It looks soooooo good. Her video of the creamy tomato soup had me box up all the canned tomato soup in my kitchen. Also, on my list for this week: Rustic

Garlic & Olive oil mashed potatoes (I'll throw a roast in the crock pot with onions and frozen green beans, so all the work I'll do is the the recipe for the potatoes this week), Ribollita, and the Chicken pot pie with phyllo, and apple pandowdy for dessert. Just made the chicken pot pie with phyllo. First experience with phyllo, but can tell you not to cook longer than the 30 minutes. I sorta got distracted by 3 year old twins and let it go an extra 7 minutes and burned the top of my phyllo dough. (Oops!) Scraped off the top layer and the rest was awesome. Really it was good. My only touch was adding extra pepper. Seriously, so good. March 7, 2012: Yesterday I made the Ribollita. OMG! The only thing I did different was after sauteeing the ingredients as listed it went in the crock-pot with everything else. I'm a working woman and mommy, so cutting up the veggies is enough. 7 hours on low, then instead of adding in the frenchbread and cooking longer, we used them like croutons. I tried the bread with adding a smidge more olive oil and without and I didn't notice any change of flavor. Totally awesome my husband whose a meat and potatoes guy said he thought it would just be vegetable soup and wasn't looking forward to it, but after eating it was in love. He said the bread is what helps make it good. I agree. My 3 year daughter gobbled it up.

Diabetes runs in my family, so I ordered this book as a preventive measure. I love the recipes. The mac 'n cheese is a favorite and alone is worth buying the book. (I just use gluten-free corn pasta instead.) Highly recommend!

Robyn Webb's "Diabetes Comfort Food Cookbook" is excellent - well written and easy to understand with great tips provided throughout. I also enjoyed the way Robyn introduced each dish with a personal note. I have made several of the recipes and each one has been easy to follow and delicious. My husband who is not a seafood eater by choice loved the crabcakes. Don't be intimidated by the diabetes aspect of this cookbook - I recommend this cookbook to anyone who appreciates and loves to eat great food.

Some of these recipes are so high in carbs that I wonder if "Diabetes" was just added to the title for marketing purposes. Others appear to be entirely wrong in their nutrition information. There are no substitutions used in this book to lower the carbohydrate content. I have nothing good to say about this disaster, and can only suggest it to people who are not diabetic, are not cooking for people who are diabetic, and have no problem buying a book for recipes that are not new or interesting.

I was so happy to finally find a diabetic cookbook where the recipes are not only delicious but also

enjoyable for the whole family. My husband eats mostly vegetarian, and my daughter is the world's pickiest eater. They both love anything I have made from this book. If I had any quibbles, it would be that the recipes take awhile to prepare so it is sometimes a challenge on a weeknight to get food on the table in a reasonable amount of time. But it is easy to make some things ahead of time and combine everything later. This is a book for how America likes to eat - I no longer feel as if I'm depriving myself of food that normal people get to eat!

Read the one and two star reviews before buying, they are right about this book. Almost all of these recipes have sugar in the nutritional values - some of them have 12g to 17g of sugar (some recipes include brown sugar)! If these meals were packaged and on the shelves at my grocery store, I'd read the nutritional value (like most diabetics do) and immediately put it right back on the shelf - why would I want the recipe?!?! I'm so disappointed!

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