



What to Eat When You Get Diabetes: Easy and Appetizing Ways to Make Healthful Changes in Your Diet

Carolyn Leontos

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"Practical and on-target advice."-Marion J. Franz, M.S., R.D., C.D.E. "Practical nutrition information with powerful health implications. . . . Carolyn Leontos takes readers by the hand and leads them step by step toward the goal of good blood glucose control."-Patti Geil, M.S., R.D., F.A.D.A., C.D.E. From the moment you or a loved one is diagnosed with diabetes, immediate changes must be incorporated into your diet because what you eat-and how you prepare what you eat-has a great impact on the progression of the disease. What to Eat When You Get Diabetes begins from that very first moment of diagnosis, acquainting you with the types of foods and meal plans ideal for people with diabetes. But as Carolyn Leontos explains, you don't have to give up your favorite foods to control-or prevent-diabetes. In this practical and reassuring resource, Leontos shows you that a diet for people with diabetes can be filled with satisfying, delicious dishes. Drawing on her extensive experience as a registered dietitian and certified diabetes educator, she combines satisfying menu suggestions, sample meal plans and recipes, and ideas on how to modify your favorite recipes with the personal stories of people living healthily with diabetes. She also addresses such confusing issues as weight loss, meal plans, calories, portion sizes, eating in restaurants, vitamins, and effectively balancing food and medication. You will discover:

- * Why you don't have to give up your favorite foods
- * The truth about saturated, polyunsaturated, and monounsaturated fats-and trans fatty acids
- * What constitutes a balanced meal
- * What to order in restaurants
- * Why fat is important-and why you shouldn't eliminate it from your diet

What to Eat When You Get Diabetes takes the mystery out of good nutrition-and shows you how healthy eating can help you achieve lifelong wellness.

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James Conner:

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Sharon Broome:

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Claudine Currie:

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Carl Brinkley:

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