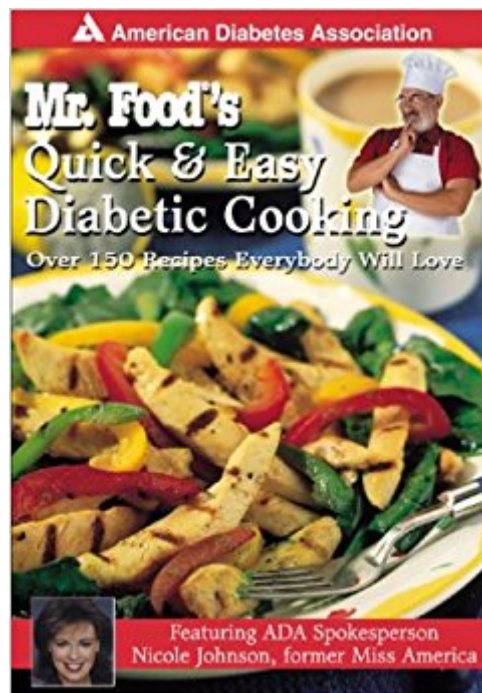




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# Mr. Food's Quick & Easy Diabetic Cooking : Over 150 Recipes Everybody Will Love



## Synopsis

For years fans have been asking TV's Mr. Food to create a cookbook for people with diabetes. He's finally done it, in association with the American Diabetes Association. Yes, in his inimitable no-nonsense style, Mr. Food helps readers say "good-bye" to good-for-us dishes that look as bland as they taste, and "hello" to more than 150 classic recipes that will satisfy time and again. As an added bonus, Mr. Food's Quick and Easy Diabetic Cooking includes personal stories and recipe specialties from celebrities with diabetes. The book offers a seemingly endless variety of tasty meat, poultry, seafood, and meatless main course recipes. Also included are appealing appetizers such as mini meatballs and spinach dip, and sensational salads, soups, and side dishes, which add a zesty touch to every meal. Each recipe includes nutritional information and diabetic exchanges.

## Book Information

Paperback: 276 pages

Publisher: American Diabetes Association; 1 edition (March 29, 2001)

Language: English

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Product Dimensions: 7 x 0.5 x 9.9 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.0 out of 5 stars 24 customer reviews

Best Sellers Rank: #1,175,954 in Books (See Top 100 in Books) #90 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #926 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #2907 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

Art Ginsburg has appeared as Mr. Food for more than 20 years, and his King World syndicated television show is the largest food news insert in the nation, seen in more than 400 cities. He has sold more than two million copies of Mr. Food cookbooks, and Mr. Food's EasyCooking magazine is distributed by the Hearst Corporation.

Subject Index: Appetizers, Beans, Beef, Cabbage, Cakes, Chicken, Chili, Chocolate, Clams, Cookies, Cornish Hens, Couscous, Cucumbers, Desserts, Dips, Eggs, Fruit, Fruit Desserts, Green Beans, Mushrooms, Onions, Ostrich, Pasta, Peppers, Pies, Pizza, Pork, Potatoes, Poultry,

Quesadillas, Salads, Sandwiches, Sausage, Seafood, Shrimp, Soups, Spinach, Stir-Fry, Tomatoes, Turkey, Veal and Vegetables. Before I started on a diabetic diet I had a few of Mr. Food's other recipe books. I was so excited to find out he, Art Ginsburg, had written a recipe book for those with diabetes. My diabetic diet had become so boring and plain until I received this book from .com. Now I look forward to planning my next meal. The Double Chocolate Brownies were a hit with an Irish club I belong to. People were happy to see something they were allowed to eat on our snack table instead of the usual sugary treats.

some of food i did not care for but it ok to try this book

Easy book to follow with pictures.

Great recipes in this book and ones that I share with non-diabetics just because they are so good and healthy ! I would totally recommend this item !

Sort of OK. Recipes are mediocre and not very professionally written, but it is serviceable.

easy recipes

i love his cooking & the service

Another great book. Mr Food books are never boring. He keeps me within my limits of carbs. Plus he makes receipes easy to follow.

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