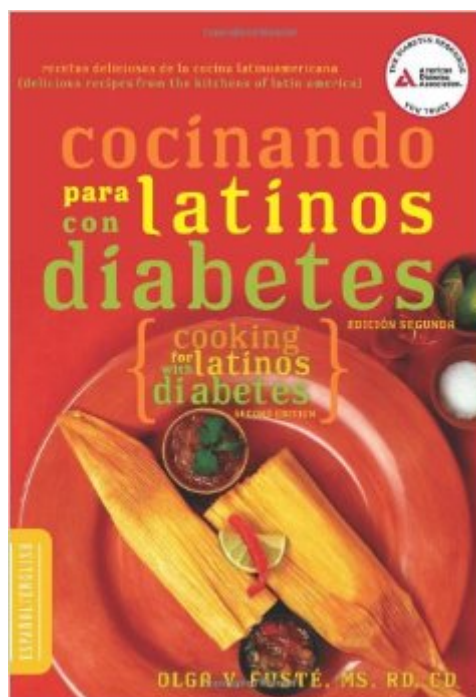


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# Cocinando Para Latinos Con Diabetes (Cooking For Latinos With Diabetes) (American Diabetes Association Guide To Healthy Restaurant Eating) (English And Spanish Edition)



## Synopsis

People often think diabetes meal plans mean bland, tasteless foods and tiny portions. But did you know that you can still eat tasty dishes from classic Latino cuisine? Enjoy traditional meals from all over Latin America with *Diabetic Cooking for Latinos*. This bilingual Latino cookbook, with English and Spanish versions of each recipe, is chock full of healthy meals for people with diabetes. Readers can enjoy authentic, wholesome food and work to manage blood glucose levels at the same time! With more than 100 recipes full of the flavors of Latin America, complete nutrition information for each recipe, and diabetic exchanges, meal planning is a breeze. Each recipe is tested to meet the American Diabetes Association nutrition guidelines, ensuring that the recipes are healthy and suitable for any diabetes meal plan. Ever wonder what epazote is or the difference between guajillo chiles and habanero chiles? Go to the glossary! Feeling lost in the grocery store aisles? Check out the specialized shopping lists in the back! Want to know which chiles to use in an upcoming dinner party? See which chiles are the hottest in the chile chart! Ready to walk off some extra calories from these great meals? There's a 13-week walking program, too! Some of the delicious recipes include Sangria Sofrito Ranchera Sauce Cassava Arepas Cactus (Nopales) Salad Peruvian Chicken Stew Ajiaco Chicken Breast with Chipotles Red Snapper Veracruz Meatballs Puebla Style Classic Argentinian Empanadas Tamales with Guajillo Chiles Rice with Black Beans and Bacon Yaya's Vegetable Paella White Beans with Chorizo Spicy Rice Pudding Baked Papaya Soft Vanilla Custard. Features 8 pages of custom photography, beautifully illustrating some of the most popular dishes.

## Book Information

Series: American Diabetes Association Guide to Healthy Restaurant Eating

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #43,300 in Books (See Top 100 in Books) #7 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #24 in [Books > Cookbooks,](#)

Food & Wine > Regional & International > International #55 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

## Customer Reviews

The recipes are simple and tastes delicious. The ones I have made. My diabetes is now under control. Good book. Will recommend it to anyone. Who knew that with diabetis you can eat spanish food as rich as it is.

I bought this for my stepfather because he loves to eat and he loves sweets but he has diabetes and he can't eat sweets at all unless his sugar levels are down. This book has a lot of good recipes but it also has a lot of recipes that include sugar... so I'm not sure why they wrote a book that has all of its dessert and some of its drink with sugar in their recipe.

I purchsed this book for family and they loved it. They used the cookbook to make healthier foods and they enjoyed it.

Un libro muy interesante y con muy buena informacion

Me gusto. Buenas recetas.

Recipes are delicious and healthy. English and Spanish side by side, so if looking for an ingredient you will know how to describe in both languages.

I bought this item for my dad, and he liked it very much, although the package arrived much later than it was promised.

the recipes are not consistent with the diet and certainly not consistent with original latin recipes. It is an interpretation of the author and might be a fusion, therefore original names should not be used.

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