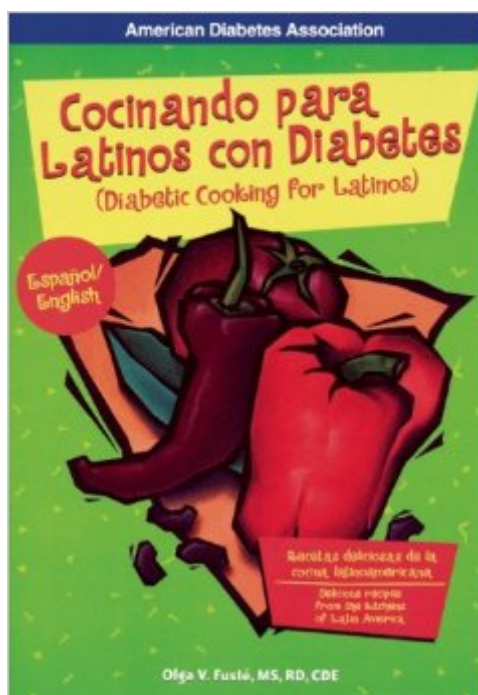


The book was found

Cocinando Para Latinos Con Diabetes / Diabetic Cooking For Latinos (Spanish Edition)



Synopsis

All the great Spanish classics made healthier! 87 recipes in Spanish and English fit into your diabetes meal plan. Kitchen-tested favorites include: . Tender Chayotes -- a Costa Rican delight with just 65 calories . Chicken Hallacas -- a true Venezuelan treat wrapped in healthier banana leaves . Baked Papaya topped with ice cream and just 90 calories. Includes exchanges.

Book Information

Paperback: 281 pages

Publisher: American Diabetes Association; Bilingual edition (September 11, 2002)

Language: Spanish

ISBN-10: 1580400647

ISBN-13: 978-1580400640

Product Dimensions: 9.9 x 7 x 0.6 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #360,323 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #185 in [Books > Cookbooks, Food & Wine > Regional & International > International](#) #333 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#)

Customer Reviews

This cookbook is great for anyone who wants healthy, simple, and delicious Latin food. The book offers recipes from various regions too. The layout is smartly put together as the Spanish and English language versions are next to each other on a two page spread. I've tried several recipes and all have been very good. My mother, who is diabetic, is happy to have new ways of preparing some of her favorites. Highly recommend.

My mother has been recently diagnosed with Diabetes and this book has good recipes for her to eat healthy and sugar safely. She is in another country so I haven't been able to taste any of the recipes but she says it's working for her (and the rest of the family).

This is a very good book for Diabetic cooking, in this book you find out that you don't have to deprive yourself from eating good food, the recipes are in English & Spanish, I gave this to my Mom and she love it even my sister like it, they have made lots of recipes from it, and they also

learn to modified others.its a very handy book for whom ever what to try healthy dishes

I liked this book. Got it for a friend that enjoys her Latin cuisine but was diagnosed pre diabetic and was hesitant about cooking. The recipes are simple using basic ingredients with a focus on discussing portion control and cooking with herbs and spices.

Nice book ,great recipies. My grand mother has cooks who don't understand how to cook for a person with diabetices. All carbs, beans, rice, bread, alot of fruit. Her numbers were real high, now they are looking better.They (the cooks) eat peasant food, tastes great but are full of carbs, cheap food...maybe this will help other people with the same problem. She lives in Nicaragua...Thanks to the seller for their help getting this book to central America.....

This book too was purchase for my friend, to help keep her blood sugar in check while she has fun eating once again, and so far it is working that way.

great book, good easy to follow recipes

I bought this for a co-worker that speaks only Spanish and has no computer. He was diagnosed with Diabetes this past winter and needed some help with menus. His wife says it helps.

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