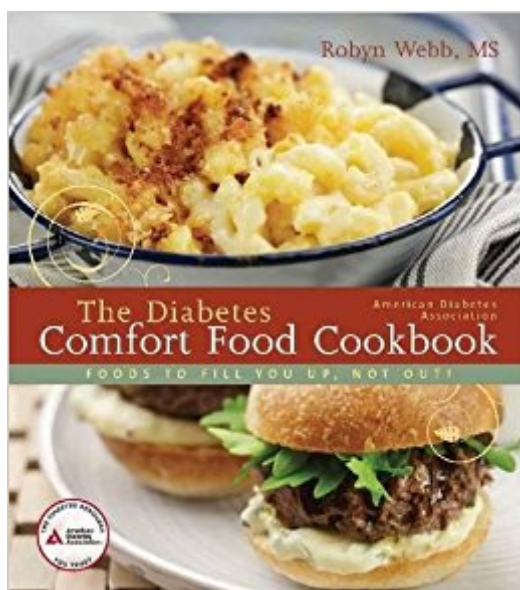


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# The American Diabetes Association Diabetes Comfort Food Cookbook



## 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

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Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #22 in [Books](#) > [Cookbooks, Food & Wine](#) > [Special Diet](#) > [Diabetic & Sugar-Free](#)

## Customer Reviews

“Robyn Webb’s [Diabetes Comfort Food Cookbook](#) is as good as it gets!

Robyn’s clear and creative recipes and obvious passion and reverence for the quality and source of ingredients are the perfect medicine for people with diabetes and their families. [Michel Nuschan](#), owner and founder of [Dressing Room](#), his homegrown restaurant in Westport, CT and CEO and president of [Wholesome Wave Foundation](#). “What a beautiful, compelling book! The recipes are at once simple, sensual, and customized for people with diabetes. Robyn’s overall comfort food message reassures that one’s diet needn’t compromise on pleasure when skewing healthy. Good food can do us a world of good, and can taste great in the process. Robyn makes this very clear. [Mollie Katzen](#), author of [Moosewood Cookbook](#); “After drooling over the beautiful food photography, I found myself wish that the [Diabetes Comfort Food Cookbook](#) was a scratch and sniff cookbook. Robyn Webb has single-handedly changed the stigma of the diabetic diet from one of deprivation to celebration! Brava, Robyn! [David Grotto](#), RD, LDN, author of [101 Foods That Could Save Your Life!](#)

Robyn Webb, M.S. (Alexandria, VA) is an award-winning nutritionist and the associate editor and food columnist for "Diabetes Forecast" magazine. She has been on "CBS News with Dan Rather" and on the Food Network, as well as in "Woman’s Day", among many other publications. She is the author of six cookbooks. --This text refers to an out of print or unavailable edition of this title.

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.

Great book for those who want to control their diabetes or loose waite to become or stay healthy.

If you're diabetic ( or just trying to eat healthier) - this is the ONE COOKBOOK YOU SHOULD OWN!!! The recipes are delish & don't require lots of "specialty" ingredients. The recipes appeal to everyone in the family - Comfort food is a term that we love to associate with mealtime. As a recently diagnosed diabetic, I was stressed out over "what do I eat??" This cookbook has allowed me to see I can still have the foods I love - just requires a healthier preparation.

Love the recipes in this book. My husband is a diabetic and this helps me plan his meals.

This is probably a great book for people who don't associate the word "Comfort" with just plain home cooking. It certainly has some great sounding recipes, but not the type of food I call "comfort food." Probably because I'm from the South, and we look at comfort food as entirely different from what this book calls "Comfort" food. I'm sure other people would find wonderful recipes in this book; I'm definitely NOT saying it is a bad book.....just not what I am looking for.

My grandpa was recently diagnosed with diabetes and he also has high blood pressure so he was definitely worried about what he could and could not eat. So I purchased this for him and he LOVES IT. He was so excited to see that he could still eat the foods he loved, with some adjustments of course. There's awesome recipes in there that he has always loved to eat and the instructions are simple to make them. It also tells you the calorie intake and everything. I'm very happy that I came across this. Would recommend it to others

Good tasting recipes that are clear and easy to make. Clear breakdown of Carbs, sugars, calories, etc. as well exchanges. Not only for the Diabetic but also for those wanting to eat more healthy and wanting to drop a few pounds.

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