



DODGING DIABETES DELICIOUSLY

A Low-Carb Approach to Prediabetes

Constance Holmes, EdD
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Dodging Diabetes Deliciously A Low Carb Approach To Prediabetes

Constance Holmes



Dodging Diabetes Deliciously A Low Carb Approach To Prediabetes:

Dodging Diabetes Deliciously Constance Holmes, 2013-12-01 The global spread of diabetes has reached epidemic proportions Here in the US 1 in 3 adults is at risk of diabetes and is already often unknowingly in the pre diabetes stage The good news is that by adopting a low carb diet and engaging in regular exercise those in the pre diabetes stage can not only halt but even reverse their condition Dodging Diabetes Deliciously offers a timely intervention in the form of 16 meals with fewer than 20 grams of carbohydrate each including dessert The recipes have been glucose tested on the chef Connie Holmes Ed D herself working to reverse her pre diabetes and are simple and easy to prepare But this is no ordinary diabetes prevention cookbook This mouth watering collection drawing on fresh local organic and seasonal ingredients and illustrated with vivid photography is a celebration of good food and good health It is also is a valuable source of information for those tackling the challenge of pre diabetes Co authored by Martha Snider M D Dodging Diabetes Deliciously includes several appendices carefully researched that address issues such as the role of weight loss timing of meals and the use of artificial sweeteners Dodging Diabetes Deliciously will guide and inspire all those seeking to avoid the ravages of diabetes and wanting to take creative and constructive control of their health Dodging Diabetes Deliciously a Low-Carb Approach to Prediabetes

Constance Holmes, 2013-12-01 ABOUT THE BOOK The global spread of diabetes has reached epidemic proportions Here in the US 1 in 3 adults is at risk of diabetes and is already often unknowingly in the pre diabetes stage The good news is that by adopting a low carb diet and engaging in regular exercise those in the pre diabetes stage can not only halt but even reverse their condition Dodging Diabetes Deliciously offers a timely intervention in the form of 16 meals with fewer than 20 grams of carbohydrate each including dessert The recipes have been glucose tested on the chef Connie Holmes Ed D herself working to reverse her pre diabetes and are simple and easy to prepare But this is no ordinary diabetes prevention cookbook This mouth watering collection drawing on fresh local organic and seasonal ingredients and illustrated with vivid photography is a celebration of good food and good health It is also is a valuable source of information for those tackling the challenge of pre diabetes Co authored by Martha Snider M D Dodging Diabetes Deliciously includes several appendices carefully researched that address issues such as the role of weight loss timing of meals and the use of artificial sweeteners Dodging Diabetes Deliciously will guide and inspire all those seeking to avoid the ravages of diabetes and wanting to take creative and constructive control of their health ABOUT THE AUTHORS Constance Holmes Ed D is a clinical psychologist who for 25 years has counseled cancer patients and their families She received her doctoral degree from Boston University and her clinical training at Massachusetts General Hospital in Boston She has published several articles on psychooncology and end of life care in Advances and other journals She has also presented workshops and participated in panels for the American Association of Psycho Oncology Diagnosed with pre diabetes in 2010 she and her co author Martha Snider M D have collaborated on a cookbook designed to help achieve the goal of reversing pre diabetes Illustrated with

lovely photographs by Dr Snider this cookbook contains 16 menus 4 for each season all deliciously low carb and easy to prepare Martha Snider M D During her career as a pediatrician Dr Snider was chair of a 30 person department and assistant chief of a 260 bed hospital For more than a decade she has worked as a consultant to the Medical Board of California an agency whose mission is to protect public health and safety Her paintings photographs and collages have been exhibited extensively in the San Francisco Bay Area *Pre Diabetic Cookbook with Low Carb Meals* Mia Bennett,2024-05-23 Tired of managing blood sugar levels Our Pre Diabetic Cookbook with Low Carb Meals is your delicious path to a healthier you This comprehensive guide empowers you with A Customizable 30 Day Meal Plan Craft a month of satisfying low carb meals that fit your preferences No more scrambling for ideas we ve got you covered Flavorful Low Carb Recipes Discover delicious recipes designed to keep your blood sugar in check without sacrificing taste From protein packed breakfasts to satisfying dinners you ll find meals the whole family will love Crystal Clear Nutrition Information Make informed choices with detailed nutritional breakdowns for every recipe Know exactly what you re putting into your body with information on carbs protein fat and calories Perfect Portion Control Never feel overwhelmed by guesswork Every recipe includes precise portion sizes ensuring you stay on track with your blood sugar management goals This isn t just a cookbook it s your roadmap to a healthier lifestyle More than just recipes you ll gain the knowledge and tools to manage your pre diabetes effectively Order your copy of the Pre Diabetic Cookbook with Low Carb Meals today and take the first delicious step towards a healthier future **Diabetic Cookbook for the Newly Diagnosed** Sharon Rush,2021-07-16 Do you get frustrated trying to figure out what you can and can t eat every day Do you or a loved one struggle with Type 2 Diabetes Are you overwhelmed trying to count carbs for every meal If the answer to any of the above queries is YES then first of all congrats on arriving at the perfect place This book is your perfect savior from diabetic problems an it will help you to begin diabetic diet In this book you will find everything that is in your mind about diabetes Diabetes can be managed by exercise weight loss and following to a meal plan This will book will assist you in managing your diabetes and let you keep track of your carb intake with nutritional data displayed under each recipe for quick reference you ll have no issue getting the proper number of carbs each day This book will stop you from worrying about what to prepare every day and instead let you depend on the 365 days food plan included in the book which will tell you what to eat every day It s never been easier to keep type 2 diabetes under control Other topics that are included in this book are What Diabetes Is so that you will learn how nutrients affect blood sugar levels and get practical information on deciphering nutrition labels How to Keep Track of the Carbohydrates You Take with the nutritional values given below each recipe at a glance you ll have no trouble accepting the right amount of carbohydrates every day How to Save Time in the Kitchen all recipes require 30 minutes or less preparation You will have time to devote yourself to the hobbies and people you love most 500 Most Famous Mouth Watering Simple the ingredients are easy to find and cheap Enjoy the most successful and popular diabetic diet recipes An Incredibly Good 365 Days Food Plan so that you can stop thinking

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to do so If you want to make sure that you choose good foods that will healthily nourish your body you can All you have to do is be informed of what those dietary requirements are in the first place so that you can make sure to accommodate them

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