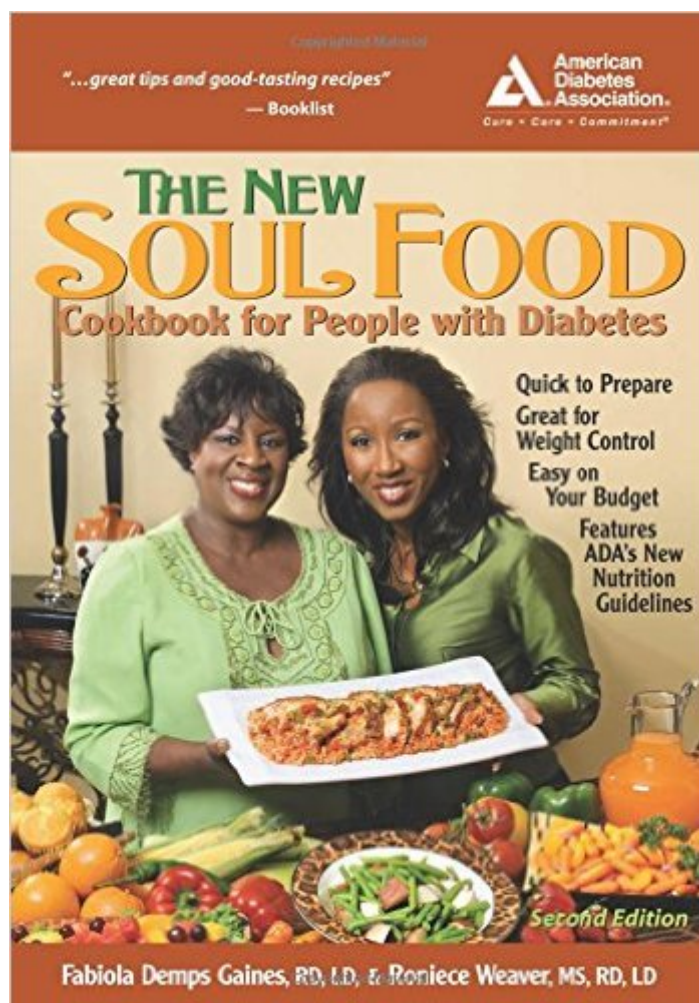


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# The New Soul Food Cookbook For People With Diabetes



## Synopsis

More than 150 low-fat recipes in the first African-American cookbook for people with diabetes. Features snacks, soups, salads, main dishes, side dishes, desserts, and more. Complete nutrition information with every recipe.

## Book Information

Paperback: 212 pages

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Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (73 customer reviews)

Best Sellers Rank: #55,026 in Books (See Top 100 in Books) #10 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #14 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #70 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

## Customer Reviews

"Authors Gaines and Weaver show the reader how much of the hypertension, heart disease, and diabetes plaguing the African-American population can be avoided by making easy changes to traditional soul food recipes without losing too much of the flavor. The basics of healthy food preparation and menu planning are incorporated with suggestions for cooking with traditional herbs and spices, along with advice for reducing fat, calories and sodium. Portion sizes are given to aid in blood sugar control and weight loss, as well as complete nutritional information and official ADA exchanges. Now you can experience palate-pleasing soul food recipes such as Barbecue Pulled Pork, Hoppin' John, Hoe Cake, Soul Slaw, Collards with Smoked Turkey, Chicken and Dumplings, Key Lime Pie, Rice Pudding, Sweet Potato Pound Cake and more in The New Soul Food Cookbook." (review from the National Federation of the Blind website, Marilyn Helton reviewer)

This book is a great resource book for those with diabetes and for those who want to make a change toward healthier cooking and eating. The review of diabetes is clear and concise while offering interesting cooking options for preparing healthy meals. The recipes make delicious down

home meals!

Since I have purchased the book I have seen the interest soar in many who thought they had to give up tradition in their diet. I thank God for those two authors.... they have given me something back that I missed. Thanks Roniece and Fabiola .

There are some great recipes here but the one thing I found annoying was that to cut the fat and keep the taste they added lots of extracts to desserts; things I had never used before in cooking. On the other hand, I figure 5 new extracts is a small price to pay to be able to eat the foods we love while keeping a diabetic diet.

This book is very helpful, because it teaches a person to cook with flavor. Most times the foods that we (diabetics) eat are so bland. This is a well written book. The exchanges are a plus.

I love to cook and eat. It's wonderful that I can now prepare healthy and traditional fare for my family without worry over fat and salt. Thanks ladies!

I have tried several recipes from this book and was pleasantly surprised that the dishes were delicious.

As a Registered Dietitian, I am unhappy with some of the incorrect advice given in the introduction. Total Fat: They recommend choosing foods with a "big difference between the total number of calories and the number of calories from fat." This is poor advice, think nuts. Example: 1/4 cup pecans contains 210 calories with 190 from total fat...however only 2 g of saturated. This would be a wonderful choice as long as the serving size was adhered to. Trans Fat: It is completely untrue that "if a liquid oil is listed first in the ingredient list, it is a sign that the food contains a lot of trans fat." This is ridiculous and completely false. They should have just gone with the suggestion to "avoid foods that contain hydrogenated oil" and added "avoid partially hydrogenated" oil.

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