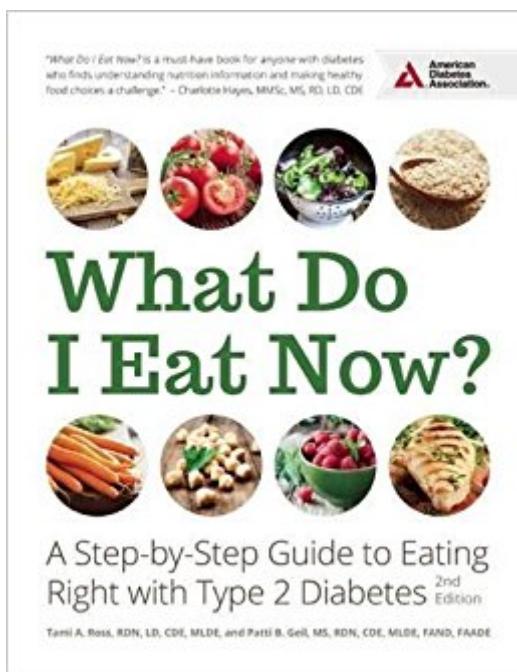


The book was found

# What Do I Eat Now?: A Step-by-Step Guide To Eating Right With Type 2 Diabetes



## Synopsis

Any person diagnosed with diabetes has one simple question: What do I eat now? When diagnosed with type 2 diabetes, doctors typically tell their patients to start eating healthy. But what does that mean? If figuring out what to eat seems like taking a test, here's the solution, the American Diabetes Association book, *What Do I Eat Now?*. Written in clear, concise, and down-to-earth language that takes the mystery out of confusing nutrition recommendations, this indispensable guide can help readers make lasting changes in as little as a month. In only 4 weeks, readers can eat better, improve their diabetes management, and live a healthier lifestyle. With *What Do I Eat Now?*, readers will be able to: Start off fast; quickly turn their diet around; learn what to eat and when; Cut to the Chase; follow easy, straightforward advice from diabetes experts; Leave Confusion Behind; learn essential nutrition tips everyday; For those simply looking to be told what to eat, *What Do I Eat Now?* has everything needed to take the guesswork out of healthy meal planning. Start eating better today!

## Book Information

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Average Customer Review: 4.4 out of 5 stars 119 customer reviews

Best Sellers Rank: #5,374 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #5 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

Patti B. Geil, MS, RD, FADA, CDE was a dietitian, speaker, and consultant who enjoyed translating the science of nutrition into the art of great eating. She had over 30 years of experience in diabetes care and education and was the 2005 Diabetes Educator of the Year by the Academy of Nutrition and Dietetics DCE division. Tami A. Ross, RD, LD, CDE is a dietitian, spokesperson, and consultant with over 20 years of experience in diabetes education. Tami was named Diabetes Educator of the

Year in 2008 by the Academy of Nutrition and Dietetics DCE division and was the President of the American Association of Diabetes Educators in 2013.

Honestly, I was really disappointed with this book. I saw the reviews and really hoped that it would help me figure out what I could and needed to eat. Advice like get a happy meal at McDonalds instead of an adult meal was not the kind of help I needed. I eat healthy, work out frequently, and maintain a healthy weight. I was looking for substitutions for things I ate like what to eat instead of oatmeal and rice without adding sodium, fat, and calories.

I recently plowed through several dozen books from my local library, and decided this was the one I had to own myself. The perfect choice if you've just been diagnosed as prediabetic or diabetic. Accurate, up-to-date science. Helpful, clearly presented information. Balanced presentation of the four diets other books try to claim as miracle cures (Mediterranean, vegetarian, low-carb, DASH). Meal and snack suggestions, plus easy recipes. Sensible education, encouraging news, even good writing.

Since I have read the book it gave me food for thought. How to change and control my blood sugar with food and the amount on my plate

I have found a lot of useful information in this book and would recommend it.

This is a great and informative book for diabetics. It really gives important information to the diabetic reader and/or a caretaker of a diabetic person.

Once again, a book that was not hat I expected. I could have returned it, but as a "new" diabetic Type 2 person, I've been reading everything I could get my hands on. It's in my library but is not one of my favorites.

A very comprehensive book to the understanding of the origin and the cure of diabetes. With many recipes ...

So much to learn! This is a good first resource, and I can think of no better source than .

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Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] **TYPE 2 DIABETES DESTROYER:** The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ...) **DIABETES**,diabetic cookbook,type 2 diabetes) **BLOOD TYPE DIET** : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) **Diabetes Diet:: Lower Your Blood Sugar Naturally** (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) **Reverse Diabetes: Stop Diabetes Without Drugs** (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) **Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library)** **Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet)** (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) **DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way.** (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) **Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics** (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) **Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes** (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) **Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods** (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) **Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well** (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) **Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System** (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) **What Do I Eat Now?: A Step-by-Step Guide to Eating Right with Type 2 Diabetes** **Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps** (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) **Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin)** **Diabetes: 2017 The Secrets About Diabetes that You Never Knew** (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) **Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and**

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