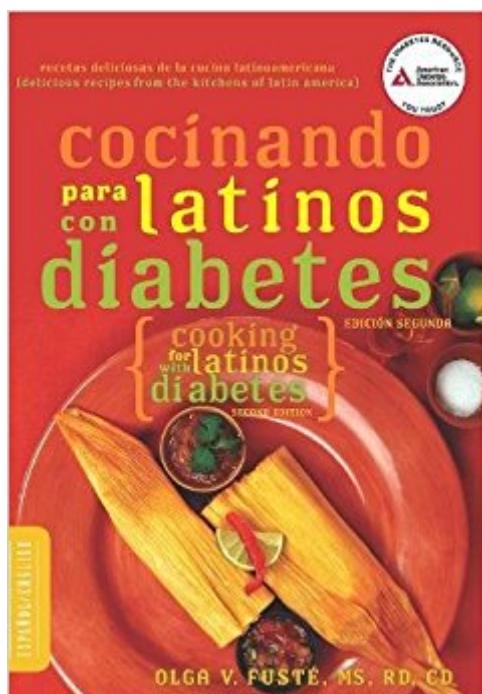


The book was found

Cocinando Para Latinos Con Diabetes (Cooking For Latinos With Diabetes) (American Diabetes Association Guide To Healthy Restaurant Eating)



Synopsis

People often think diabetes meal plans mean bland, tasteless foods and tiny portions. But did you know that you can still eat tasty dishes from classic Latino cuisine? Enjoy traditional meals from all over Latin America with *Diabetic Cooking for Latinos*. This bilingual Latino cookbook, with English and Spanish versions of each recipe, is chock full of healthy meals for people with diabetes. Readers can enjoy authentic, wholesome food and work to manage blood glucose levels at the same time! With more than 100 recipes full of the flavors of Latin America, complete nutrition information for each recipe, and diabetic exchanges, meal planning is a breeze. Each recipe is tested to meet the American Diabetes Association nutrition guidelines, ensuring that the recipes are healthy and suitable for any diabetes meal plan. Ever wonder what epazote is or the difference between guajillo chiles and habanero chiles? Go to the glossary! Feeling lost in the grocery store aisles? Check out the specialized shopping lists in the back! Want to know which chiles to use in an upcoming dinner party? See which chiles are the hottest in the chile chart! Ready to walk off some extra calories from these great meals? There's a 13-week walking program, too! Some of the delicious recipes include Sangria Sofrito Ranchera Sauce Cassava Arepas Cactus (Nopales) Salad Peruvian Chicken Stew Ajiaco Chicken Breast with Chipotles Red Snapper Veracruz Meatballs Puebla Style Classic Argentinian Empanadas Tamales with Guajillo Chiles Rice with Black Beans and Bacon Yaya's Vegetable Paella White Beans with Chorizo Spicy Rice Pudding Baked Papaya Soft Vanilla Custard. Features 8 pages of custom photography, beautifully illustrating some of the most popular dishes.

Book Information

Series: American Diabetes Association Guide to Healthy Restaurant Eating

Paperback: 280 pages

Publisher: American Diabetes Association; 2 Blg edition (January 24, 2012)

Language: English

ISBN-10: 1580402941

ISBN-13: 978-1580402941

Product Dimensions: 0.8 x 7 x 10 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 19 customer reviews

Best Sellers Rank: #198,960 in Books (See Top 100 in Books) #18 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #90 in Books > Cookbooks,

Customer Reviews

Un libro muy interesante y con muy buena informacion

Me gusto. Buenas recetas.

Good. They delivery very fass

I purchsed this book for family and they loved it. They used the cookbook to make healthier foods and they enjoyed it.

Good book a lot of mexican recipes

I bought this item for my dad, and he liked it very much, although the package arrived much later than it was promised.

Beautiful cookbook with a variety of recipes.

Good

[Download to continue reading...](#)

Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) Cocinando para Latinos con Diabetes / Diabetic Cooking for Latinos (Spanish Edition) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) 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] Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet 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) 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) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) 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: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) American Diabetes Association Guide to Healthy Restaurant Eating: What to eat in America's most popular chain restaurants Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes 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: 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: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, desserts) American Psychiatric Association Practice Guideline for the Treatment of Patients with Eating Disorders (2314) (American Psychiatric Association Practice Guidelines)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)