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3rd Edition

Diabetes Cookbook

FOR
DUMMIES®

Learn to:

- Eat a well-balanced diabetic diet
- Create healthy, delicious meals from appetizers to desserts
- Prepare new recipes that follow nutritional guidelines
- Manage diabetes using the latest testing devices and monitoring procedures

Alan L. Rubin, MD

*One of the nation's foremost authorities
on diabetes*

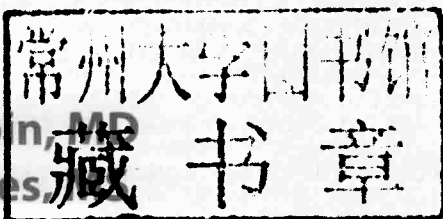
with Cait James, MS



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FOR
DUMMIES®
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by Alan L. Rubin, MD
with Cait James



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Dedication

This book is dedicated to the great chefs and restaurant owners, especially the ones in this book, who spend all their time and creative energy producing delicious and nutritious food in a beautiful environment and making sure that it is served in a way that complements the taste.

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Acquisitions editor Michael Lewis, who shepherded this third edition through all the committees that had to approve it, deserves special commendation. Our project editor, Jennifer Connolly, made certain that the book is understandable and readable in the great *For Dummies* tradition.

Heather Dismore is responsible for most of the discussions of food and the organization of the recipes in the book, and she also contributed a number of excellent recipes. Her tremendous skill in doing so is apparent in this book and in another book that she helped author, *Cooking Around the World All-in-One For Dummies*.

Reviewers Dawn Ayers, MD, Emily Nolan, and Patty Santelli did a fantastic job of ensuring that the information in the book is accurate.

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Introduction

People with diabetes *can* eat great food! We don't have to prove that statement anymore. The recipes in Dr. Rubin's previous book, *Diabetes For Dummies*, 3rd Edition (Wiley), and the second edition of this book show that people can follow a diabetic diet at home or anywhere they travel and still enjoy a five-star meal. They just have to know how to cook it or where to go to get it.

More and more eating is being done away from home or, if at home, from food in the form of take-out from a local supermarket or restaurant, and people with diabetes want to know what they can and can't eat.

If you bought *Diabetes For Dummies*, 3rd Edition, you know that you can find such food in Chicago, New York City, Santa Monica, and San Francisco. But what about the rest of the world? This book is both a cookbook that shows you how to prepare great foods in your own home and a guide to eating out in restaurants and fast-food places.

Is diet important for a person with diabetes? Do salmon swim upstream? The Diabetes Control and Complications Trials showed that a good diabetic diet could lower the hemoglobin A1c, a test of overall blood glucose control, by over 1 percent. That much improvement will result in a reduction of complications of diabetes such as eye disease, nerve disease, and kidney disease by 25 percent or more. The progression of complications that have already started to occur can be significantly slowed.

Of course, there's much more to managing diabetes than diet alone. In this book, you can discover the place of diet in a complete program of diabetes care.

This edition will feature a lot more about vegetarian eating. People who eat that way tend to be lighter and healthier. Many of the animal protein recipes in previous editions will be replaced by vegetarian food. We have tried them all, and they are delicious. We hope you will agree.

Cherry pie is good. But if you eat a whole lot of it, it's going to make you sick.

