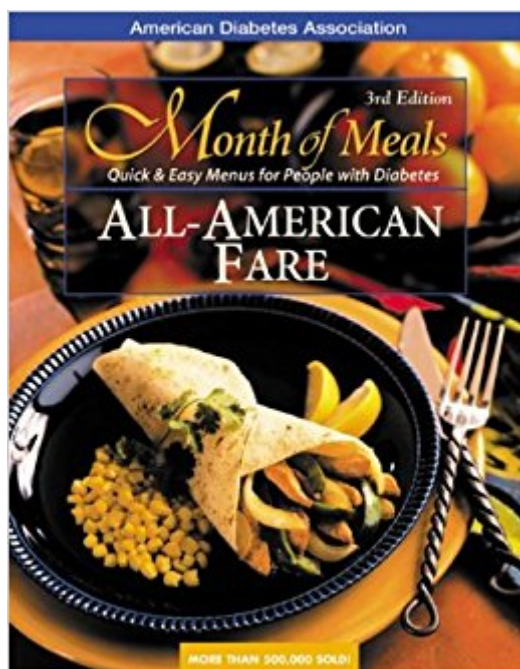


The book was found

Month Of Meals: All-American Fare



Synopsis

Millions of ways to mix and match! Here's how it works: Each menu planner has 28 days worth of new menu choices; pages are split into thirds and are interchangeable. There are 20,000 menu combinations in each book. No matter which combination the reader chooses, carb counts and nutrients are correct for the entire day— automatically. Readers can mix and match among all of the menu planners if they want; millions of combinations are possible! Updated third editions of the Month of Meals series feature: Complete nutrient analysis and carbohydrate count for every meal. Every meal includes the same number of carbs, no matter which choice is picked— 45- 60 grams for every breakfast, 60- 75 grams for every lunch, and 70- 85 grams for every dinner— this helps keep blood sugar levels stable. Covered spiral binding increases bookshelf visibility.

Book Information

Series: Month of Meals Menu Planning

Spiral-bound: 76 pages

Publisher: American Diabetes Association; 3 edition (November 19, 2002)

Language: English

ISBN-10: 1580400779

ISBN-13: 978-1580400770

Product Dimensions: 7.9 x 0.5 x 10.1 inches

Shipping Weight: 12 ounces

Average Customer Review: 3.8 out of 5 stars— See all reviews— (5 customer reviews)

Best Sellers Rank: #156,601 in Books (See Top 100 in Books) #18 in— Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #201 in— Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

I use this book every week for planning healthy menus. It sometimes contains combinations of foods within a menu that I would not have thought of--combinations that prove to be delicious. This was a smart buy.

I am a doctor and like to recommend this to my patients who are confused about how to change their diets once diagnosed with diabetes. Unfortunately, I think ADA isn't publishing these as they used to anymore.

Current thinking concentrates on counting carbohydrates and not calories. This publication is clearly old and not much use. The recipes are also outdated. It was a waste of money and shipping costs.

I bought three books from this company. They are ok, but they did not resolve my problem which was to find out what I can and cannot feed my husband to help him control the blood sugar in his body

was as expected

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