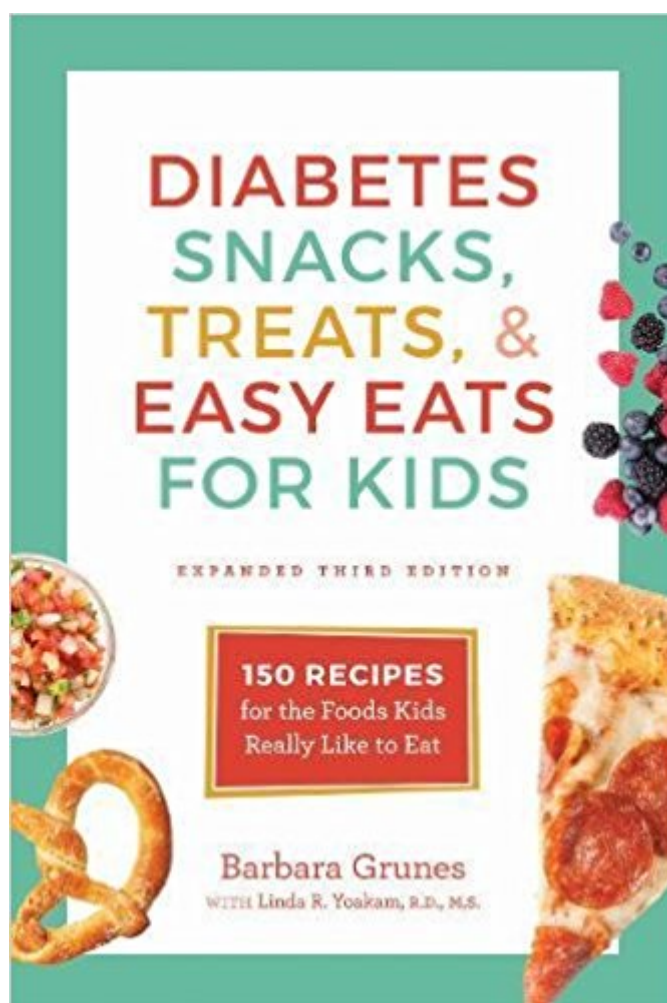


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# Diabetes Snacks, Treats, And Easy Eats For Kids: 150 Recipes For The Foods Kids Really Like To Eat



## Synopsis

This redesigned and expanded third edition of *Diabetes Snacks, Treats, and Easy Eats for Kids* offers even more simple, delicious recipes for healthy, well-balanced diets. Since the book was first published in 2006, the prevalence of diabetes in children has continued to increase. Children under age 19 have seen a 21 percent increase in Type 1 cases, and children ages 10â19 have seen a 30 percent increase in cases of Type 2âa disease that used to be considered an adult condition. But kids will be kids, and when they come home from school, they want a snack that's simple, satisfying, and occasionally sweet. When it comes to dinner, they usually don't have the time or the taste for fancy meals. With this in mind, author Barbara Grunes has developed more than 150 recipes for snacks and meals that kids really like and that stay within diabetic guidelines. Grunes's goal is to help all kids enjoy food that is good for themâeven if they have diabetes. Each recipe includes the nutritional information readers need, whether they count carbs or use the exchange method. With recipes like Pizza Puffs, Spud Pancakes, Chicken Fajitas, Ice Cream Cone Cupcakes, and Fruit Turnovers, this book proves that everyone can enjoy familiar and delicious food together. After all, it's not about "good," "bad," or "forbidden" foodsâit's about readers feeding their families sensibly.

## Book Information

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## Customer Reviews

Barbara Grunes has written more than fifty cookbooks. She trained with master chefs Jacques Pepin and James Beard, was co-founder of the Heartland Food Society, and served as food

columnist for the Chicago Sun-Times. Linda R. Yoakam, R.D., M.S., is a nutritionist and diabetes consultant with an extensive practice in the Chicago area.

I have found this book to be very helpful in taking some strain out of thinking what I can feed my 3 yr old Type 1 Diabetic son, especially at snack times. We all now how stressful meal times can get especially for working mums. What are we going to have? Carb counting, Is it healthy? so on and so on. When searching for meal options on the net or magazines I was finding that most of the diabetic websites or magazines had recipes that were more suited for adults or type 2 diabetics not so much for Toddlers/children with type 1. This book provide a great variety of Tasty, healthy recipes suited to Children that the entire family can enjoy.

Sent this to my Grandson who was just diagnosed with type 1 diabetes. Very helpful...

Useful recipes that I didn't think about before.

Thank you this is very helpful

My niece and I love this book! Recently diagnosed, my 9 year old niece was felling discouraged, this book reminded her, there are lots of options!

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When I bought this cookbook, I was looking for low-carb recipes for my son who has Type 1 diabetes, but I was disappointed to find that many of the recipes call for Splenda, which we choose not to use as a low-carb option. I do give it 3 stars though for a few inventive ideas, which I may use.

The digital copy cuts off the measurements for individual ingredients. This makes this version worthless. Do not waste your time.

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