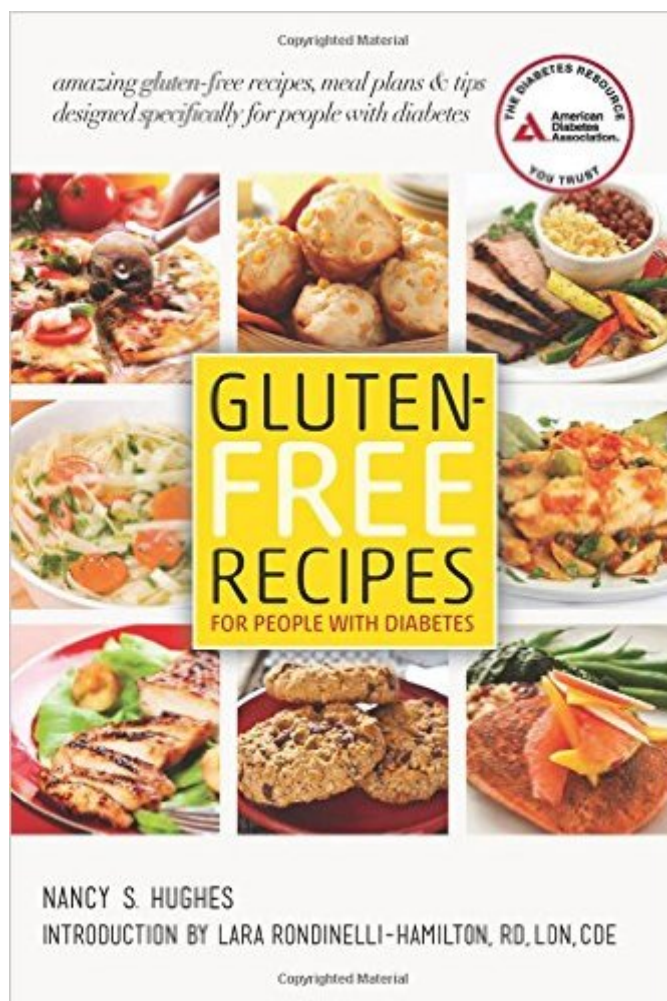


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# Gluten-Free Recipes For People With Diabetes: A Complete Guide To Healthy, Gluten-Free Living



## Synopsis

Recent estimates suggest that nearly one out of every 20 people with type 1 diabetes has celiac disease, a condition that renders the body unable to process the gluten protein found in wheat, barley, and rye. People with celiac disease are unable to eat any foods that contain gluten, which is found in breads, pasta, cereals, and even unexpected foods, such as canned soups, salad dressings, and deli meats. Moreover, a large number of people have shown an interest in pursuing a gluten-free diet because they are gluten intolerant. Nancy S. Hughes and Lara Rondinelli-Hamilton have created *Gluten-Free Recipes for People with Diabetes*, a collection of 75 gluten-free recipes specifically designed for people with diabetes. Part cookbook, part meal-planning guide, this book offers the complete package. Readers will delight in the 75 healthy recipes that are both nutritionally sound and full of taste. The meal-planning guide teaches readers how to successfully find gluten-free products and how to adapt recipes to gluten-free versions. To make things even easier, some menus are included to give readers a head start on their healthy, new, gluten-free life!

## Book Information

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## Customer Reviews

Finally - a book that has recipes for people who are celiac or gluten sensitive and also have diabetes. It is a tricky combination due to the carbohydrate differences. Let's be clear a strict and safe gluten-free diet requires lifetime abstinence from wheat, rye and barley. Some people can handle gluten-free oats (not the regular oats on the store shelves). Many times bread has more carbohydrates and a smaller sized slice, etc. This book takes the guesswork out of balancing both

health issues. I would encourage anyone who requires a gluten-free diet and might also be prediabetic or diabetic to purchase this book. Thank you Nancy Hughes!

It took a long time to arrive, and I am disappointed in that the ingredients include purchased pastas, canned soups, etc. I expected more healthy, made-from-scratch content. I probably won't use it much.

I want to thank the author of this book. Getting diagnosed just last week with celiac disease, I was desperate for information. I couldn't get into a dietician for 1 month and I needed information! I am also a type 1 diabetic. I went to our library for help and this book was the only book available. I was so relieved to find information about this disease and diabetes together! I have had diabetes 30+ yrs, but not with celiac. It answered questions I had and I was so thankful for it! I would tell my friends and family about this book and I always tear up. I felt like I was drowning and your book was my life preserver! I would love to contact the author and tell her myself what a Godsend she was for me. I never expected a recipe book to have so much information at the beginning about celiac disease. It was great! Thank you, Nancy for your help!

I bought this book for a teen who has type 1 diabetes and celiac disease. I hope her family will find it useful. As I skimmed it, I found a lot of information about what celiac disease is. There are lots of great gluten-free recipes and the book is recommended by the American Diabetes Association. I did find some recipes where the carbs could be cut further by using almond milk instead of milk and cream instead of half and half.

For anyone struggling with diabetes, or who just wants to eat better in order to avoid it, but who also needs to be gluten free? Not an easy mix, but this book not only gives you guidelines, but menus and recipes that will help you with your struggle. This is a definite winner - I just wish it was longer.

Wonderful book. Worth the wait! My shipper took a bit longer than I thought they were going to.

Good info, easy to use.

Excellent material

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