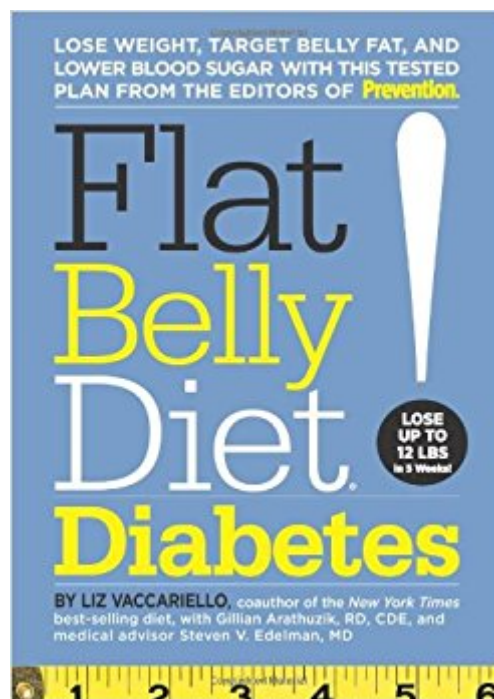




The book was found

Flat Belly Diet! Diabetes: Lose Weight, Target Belly Fat, And Lower Blood Sugar With This Tested Plan From The Editors Of Prevention



Synopsis

The magic ingredient behind the New York Times best-selling Flat Belly

Diet!—monounsaturated fatty acids (or MUFAs)—may not only target stubborn belly fat, but may also help treat the underlying cause of type 2 diabetes: insulin resistance. The 5-week program includes a sensible diabetes-friendly diet that teaches you how to incorporate pasta, chocolate, and other "forbidden" foods—along with a MUFA at every meal—into over 150 sumptuous, satisfying dishes. Flat Belly Diet! Diabetes by Liz Vaccariello also includes a gentle walking-based exercise plan, stress reduction exercises, advice on how to work with one's doctor and diabetes management team, and a journal to help track blood sugar. In just 5 weeks, 11 men and women who tried the plan lost as much as 12 pounds, improved their A1c levels, and lowered their cholesterol and blood pressure levels.

Book Information

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Customer Reviews

LIZ VACCARIELLO is the former editor-in-chief of Prevention, the nation's #1 healthy lifestyle magazine, and coauthor of the New York Times bestseller Flat Belly Diet! She resides in South Orange, NJ. GILLIAN ARATHUZZI, RD, CDE, works as a nutrition diabetes educator at the Joslin Diabetes Center. She lives in Holliston, MA. STEVEN V. EDELMAN, MD, is the director of the Diabetes Care Clinic at the VA Medical Center and founder of Taking Control of Your Diabetes. He lives in San Diego, CA.

I think this is much better than the regular Flat Belly Diet book... the Diabetic version is geared toward those that actually like to cook and make REAL food...where as the traditional book has a lot more easy, packaged food "recipes" and that's not my thing. I love that this book has a lot of real, easy to find and make foods! I'm not diabetic but my husband is...and we like to make low carb dinners etc... I've been following a lot of the other recipes thru-out the day for myself and REALLY enjoy it! I'm losing a healthy & steady pace and have been talking this book up to those I know looking to change their eating habits! If you're interested in this diet...go with this book even if you're not diabetic... it's healthy, whole foods that are great for anyone IMO!

I have to admit I was skeptical about trying this book. It was recommended from one of the dietician that calls once a month from the insurance plan that I have. Having diabetes is stressful, hard and sometimes depressing, but I have really been able to overcome quite a bit. I am now in control by a diet and not medication. I exercise quite a bit, but my stomach was going down, but not very easily and I know that really getting that to go away is very important. I took my time reading this book from cover to cover and have started on the diet plan and to my surprise, IT WORKS!! I have lost so far 9 inches off my waist and am fitting into my clothing a lot better and it has been two weeks now. The food is great although, there are some I can not eat due to allergies, but I was able to find wonderful choices to replace them with. I learned a better way to manage what I ate that is giving me more energy and stamina everyday. The exercises that they have listed to go along with the new way to view how and what I eat are even more amazing. I also am in love with the great wealth of knowledge of why my body reacts to food and how diabetics are affected by it. They give great information on the science behind what we eat and the how to avoid those foods that are not healthy. This book gives great medical and scientific information about the process of how food is used in the body and how to avoid the bad and target the ones that are better for you. I suggest reading the book entirely and then discussing it with your doctor before following the plan. Be sure to check your levels when introducing the foods in your diet to be sure that your blood sugar levels are in the range it should be for your body. Create an exercise plan and be sure that your doctor is aware and approves your choices, and then take the leap of faith and try it for yourself. Keep a journal to record everything you are doing and a personal one to help you process your emotions as you are going through it. Lastly, make sure you have a someone to talk to or work out with such as your spouse, friend, family member, etc. It will help to motivate and encourage you along this journey. This book is great and should not be over looked.

So far I really like this book. I do not have diabetes. But I am over weight and trying to make health changes. I also have the original flat belly diet book and the pocket guide. I ordered this first in kindle but then I decided when it comes to recipes I prefer having the actual book. But this way I do have the information no matter where I go. Some recipes in here actually sound more appealing than the original book. I have been drinking the sassy water daily. This book has a lot of information, some exercises, and recipes. In my opinion I would purchase the book over the kindle. Sometimes the kindles can just be a pain in my own opinion. Though recently I have switched a lot of my books over to kindles.

The food in this book is really GOOD. I'm not actually a diabetic -- not yet, anyway. But Type II diabetes does run in my family. Some of my co-workers had the original Flat Belly Diet book, and I tried it, but found some of the recipes to not be that good. I checked this book out from the library first, and then enjoyed the recipes so much I bought the book. I personally still have a little difficulty limiting my dinner to only 400 calories (in this plan, you eat 4 meals of right around 400 calories each, with the carbs, etc., balanced; unless you work out a lot or are a man, you can add additional 200 calorie snack(s).) But even if you only buy it for the recipes and not to follow the entire plan, they are some really good ones in here. I bought copies for my Mom and a co-worker, both of who are Type II diabetics, and they enjoyed most of the recipes too.

Not real impressed. Helps some what with someone just trying to understand how to eat a diabetic diet but does not go far enough.

Great recipes including a black bean mango salsa with jerk scallops. After the first week my pants were fitting better. My family also liked the Orange chicken recipe with broccoli stir fry. Easy to follow diet with a lot of meal options. Way better than the original Flat Belly Diet even if you're not diabetic.

Already in use....great product.

I am following it every day... it takes me a long time to reduce the receipies to servings of one every time but I am doing well: 11 lbs off in 27 days of following it. I am a happy camper.. with results...

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