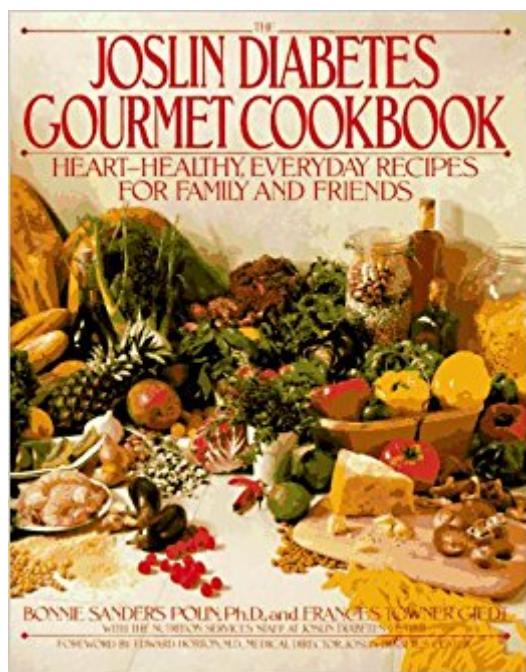


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# The Joslin Diabetes Gourmet Cookbook: Heart-Healthy Everyday Recipes For Family And Friends



## **Synopsis**

A collection of more than three hundred recipes, each one carefully designed for the diabetic, features information on calorie, protein, fat, fiber, cholesterol, sodium, and potassium content.

## **Book Information**

Hardcover: 509 pages

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Average Customer Review: 3.7 out of 5 stars 10 customer reviews

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## **Customer Reviews**

Polin, a psychologist and talented cook, and Giedt, a food writer and cookbook author, are both fairly recently diagnosed diabetics who were dismayed by the lack of interesting and appealing cookbooks available to them. In conjunction with the Boston-based Joslin Center, one of the country's preeminent diabetes treatment centers, they have developed an impressive collection of lively and sophisticated dishes that should please diabetics and nondiabetics alike. Along with more than 300 recipes, ranging from Spicy Seafood Gazpacho to Thai Basil Chicken to Herb-Stuffed Fillet of Beef, there are lots of menu suggestions, ideas for quick meals and snacks, and background information on diabetes and health. Essential. Copyright 1993 Reed Business Information, Inc.

The concept of food exchanges has greatly simplified the lives of 14 million American diabetics. Yet, as both coauthors found out when they were diagnosed as diabetics, available recipes and gastronomic collections are limited and bland. With the guidance of nutritionists at Boston's Joslin Diabetes Center, they've created more than 300 dishes that are anything but boring. In fact, others watching their fat and cholesterol intake might be tempted by Belgian endive with goat cheese and figs, apple slaw, torta rustica, Persian pot roast, potato and spinach lasagna, chive popovers, and,

yes, even desserts such as chocolate hazelnut cake and key lime cheesecake. The influence of world cuisines is apparent, as is the attention to details--nutrition and exchange information for each recipe, innumerable sidebars on cooking techniques, a clock indicating if the foodstuff is quick to prepare, more than 60 menus, and very "digestible" information about equipment, shopping, herb growing, alcohol, salt, and fiber. Barbara Jacobs

I have not reviewed other cookbooks for diabetics as a caveat. My purpose in reviewing this book was to see if it would be suitable for a friend who is a gourmet cook and reluctant to be relegated to boring food 'just for the sake of her diabetic care'. There are a wide variety of exciting gourmet recipes sure to please the palate. Each recipe also contains complete nutrition information with which to fit these meals into the Joslin exchange program. I recommend the book to every diabetic wishing to put some pizazz into their meal plan.

Some of the diet and diabetes books I've been getting lately are pretty bland and boring with just a few recipes in each category. This book has many options to help us eat healthfully at home, while satisfying some of our eating out cravings. Last night I made the Chicken Vindaloo and Curried Eggplant and Lentils because my husband has been craving Indian food. Tonight I'm making the Thai Basil Chicken. Over 3 dozen soups! I love how it has a Recipe Index in addition to a regular index, and menu suggestions for creating complete meals. Finally a diabetes cookbook that I'm going back to over and over again. The only reason I'm not giving it 5 stars is because they need to put out an updated version. This was printed in 1993. I bought it used for less than \$7 w/shipping. But with Whole Foods and Trader Joe's making whole grain products more available to the average shopper, it would be nice to see whole wheat and other whole grain flours incorporated in the recipes, rather than white flour. And, for example, hulled barley recommended over pearled in a soup recipe (that has plenty of simmer time anyway (to allow for the longer cooking time of the whole grain product)). Also, in the next edition, they need to standardize their measurements. For example, in one recipe the chicken breast quantity was described as "2 whole skinless and boneless chicken breasts 1/2 pound each, halved" and in another as "1 pound skinless and boneless chicken breasts" - both recipes make 4 servings with the same protein grams in the nutritional info, so I assume both recipes call for 1 pound chicken breasts, but that could be made clearer. However, for expanding your options beyond the quick, easy, boring or bland, I highly recommend the Joslin Diabetes Gourmet Cookbook

I love this book. This is the second copy I have bought. The first was for me, the second a gift. I am a personal trainer and have enjoyed the variety of heart healthy meals. My favorite was the Mediterranean stuffed sandwich. I have made it numerous times. It is fun to take on a picnic or take to a party. The garlic cheese dressing is great for salads and the fish baked in foil with variations makes an easy healthful dinner. This book is great for Diabetics but also for anyone wanting healthful, easy to make, flavorful food.

Some good recipes. But it came with out the book cover

great resource for more gourmet-type meals.

Very helpful book.

Great Cookbook!! Great price!!

We use this cookbook almost daily. It is an excellent resource for healthy cooking. Easy to use recipes with good information as well.

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