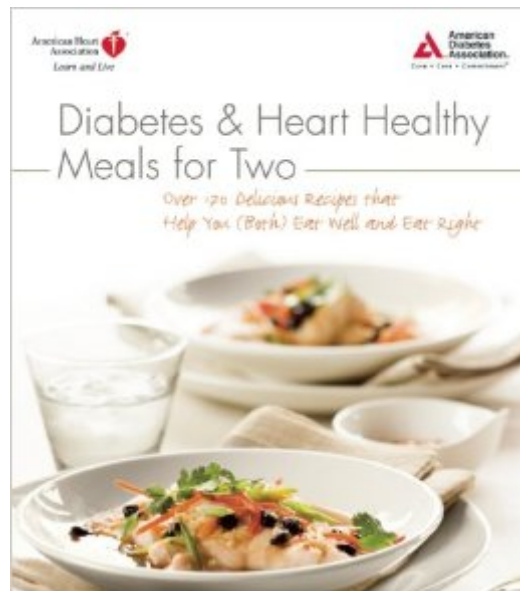


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# Diabetes And Heart Healthy Meals For Two



## Synopsis

If you or a loved one has diabetes, you need to eat heart-healthy meals everyone can enjoy. These simple, flavorful, heart-healthy recipes were designed for those looking to improve or maintain their cardiovascular health. Each recipe was designed for two - perfect for adults without children in the house or for people living alone who want to keep leftovers to a minimum. With over 170 recipes, there are plenty of options to keep your heart at its healthiest and your blood glucose under control.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (76 customer reviews)

Best Sellers Rank: #135,948 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #15 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #75 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#)

## Customer Reviews

GREAT BOOK!!! EASY TO COOK RECIPES THAT ACTUALLY TASTE GOOD!!! I RECOMEND THE SWEET AND SOUR PEACHES AND CHICKEN. LONG STORY SHORT MY WIFE AND I HAVE LOST A SMALL CHILD (56 LBS.) IN ABOUT 9 WEEKS WITH THE RECIPES IN THIS BOOK. WE STILL HAVEN'T GOTTEN OVER HOW GOOD THE FOOD TASTES WHILE STAYING IN THE 250 TO 300 CALORIE PER SERVING RANGE. HOPE THEY COME OUT WITH A SEQUEL I'LL BE THE FIRST IN LINE!!!! ed.

This cookbook is a wonderful resource for anyone with diabetic or cardiac issues. The nutritional information is spot-on for two people, no guessing how much is a serving or how many calories or carbs. This is the best book of its kind that I've seen.

I bought this cookbook because of my husband's health problems. The recipes are wonderful and

easy to follow. It is also nice to find a good cookbook that is made for two people servings. It is much easier for older people to add to a recipe instead of having to cut the recipe portions down. The cookbook covers a good selection of all different types of recipes for soup, salad, main course and even desserts. There is a good sized section on fish which I really liked.

This book came in great condition. I love the recipes and the fact that you are only cooking for two...which means two meals for us single people. They are tasty and easy to create!! Worth purchasing.

Majority of recipes are on one page, if on two pages they face each other, nice. Like that I did not encounter any artificial sweeteners in the recipes and only good oils. The font size is a little on the small size for me but the type face is crisp so that help me to not miss read the recipes. The cookbook does cover a really nice selection of food styles. Which is great for people who really enjoy variety, like me. The down side for me and anyone like me is having to work out the recipes for gluten free and dairy/casein free diets. Recommend this cookbook to all especially if you have no food limitations.

More than once I previewed this book in a bookstore prior to deciding whether I wanted to order it from . (It can be a good idea anyhow to preview a book first, if a copy is available, before ordering.) For me, the print is too small, even tiny. The contents are as described by other reviewers: Delicious-sounding recipes, great that the cookbook is for two people, yet perhaps not so good that recipes use more artificial ingredients than many of us would use. However, even in a well-lighted bookstore, each time I tried to read it the book's print hurt my eyes and I got a headache. I would have to use a magnifying glass to try to cook from this book. Even with a magnifying glass, for me to deal with this small font would still likely be painful to my eyes and give me a headache. It's too bad that the people responsible for the book's publication chose such small font. A lot of people who have diabetes (and/or heart trouble) are senior citizens. A lot of senior citizens now cook for one or two people. The contents of the book have some nice qualities. However, I recommend that potential customers try to look at a copy of the book before ordering it so they can see whether the font is too small for them (as it was for me). I've decided to not buy this book. There are other very worthwhile diabetic cookbooks and whose fonts are larger.

In this case the title says it all. Since my wife and I are empty nesters we often cook as if we were

still feeding a family of five. And lately we've cut way down on our eating. These recipes help out. If you're as pleased as I was it will not surprise me in the least. These are good, solid recipes with great flavor and they're sensible, too. Have fun!

When I came across this book, I got really excited. My Dad has heart disease and has had bypass surgery; meanwhile, my mom was just diagnosed with diabetes. It covers both my parents' needs in one book! I really like the charts on the bottom of the pages that explain the value of what you are eating. I highly recommend the Tomato Chicken Dinner! It was excellent!!

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