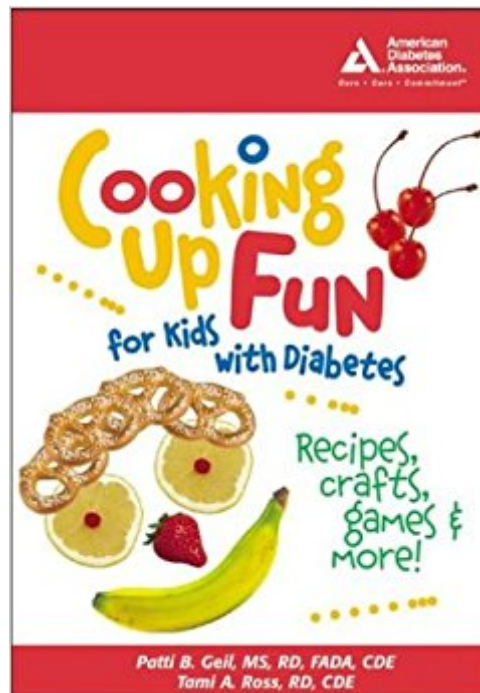




The book was found

Cooking Up Fun For Kids With Diabetes



Synopsis

Here are simple, fun, healthy recipes and activities for kids with diabetes that they can make themselves or with their parents. Recipes and projects help kids understand the importance of food to their health. Includes: Recipes that teach children about the link between diabetes and nutrition
Hints for parents on managing their children's nutrition Creative projects to enrich children's connection to food

Book Information

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Best Sellers Rank: #195,225 in Books (See Top 100 in Books) #17 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #164 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #218 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Patti B. Geil, M.S., R.D., F.A.D.A., C.D.E. is a diabetes nutrition educator at the University of Kentucky Hospital, an associate editor of the ADA Editorial Advisory Board and a coauthor of two books published by the ADA. Tami A. Ross, R.D., C.D.E. is a diabetes educator at the University of Kentucky Hospital.

The book was a gift for my neice who was just diagnosed with diabetes. Her and her mom love the book. She has markers on all the pages that are things she likes or wants to try. I very happy with the book and so are they. Thanks.

I bought this book for my nephew and he loves it! We have tried many of the recipes and they were good.

My nephew loves this book. He is 9 yo and newly diagnosed with Type I Diabetes. Not too young or too old for this book.

In "Cooking Up Fun for Kids with Diabetes" the authors dedicate the first two chapters to providing a basic understanding of diabetes. The first chapter discusses diabetes with a slant toward helping a child understand it. The second one is from the perspective of what the adult parent needs to know. The book contains simple recipes rated on a one, two, or three hand system with one being the easiest and three being the hardest. Each recipe provides information on serving size, exchanges, calories, saturated fat, cholesterol, sodium, fiber, protein, and carbohydrates. Some are just easy recipes that a child can do; others have been adapted to make it more fun for children. For example, an ordinary grilled cheese sandwich becomes a toasted cheese person. "Cooking Up Fun for Kids with Diabetes" is a fun book of recipes and food related crafts for any child and a recommended read.

I think this book is aimed more at getting diabetic kids to cook than at cooking for diabetic kids. Since my son (newly diagnosed with Type 1 Diabetes) is just 4, he won't be doing the main part of the cooking any time soon. There were no photos of the recipes, and the format (A-Z recipes for each section) was distracting and annoying. The font used in the titles was jarring, and to top it all off, I didn't see one recipe I really wanted to try. I returned this book. There are better ones out there.

I was delighted to read about this cookbook in my local newspaper and ran out to buy a copy right away. My eleven year old daughter was recently diagnosed with diabetes, so this book about nutrition/healthy cooking is an answer to my prayers. In addition to the fun and great-tasting recipes with complete nutrition information, there are clear explanations about the type 1 and type 2 diabetes conditions and even some fun "non-food" projects. My daughter and I spent a weekend afternoon in the kitchen making Fruit Filled Quesadillas- messy, but fun!

Very cute cookbook, a bit over my child's head and ability, but he's young. There are plenty of fun recipes to choose from, but be forewarned, plenty of artificial sweeteners and processed food. Fun, but not whole food, if that is what you're used to.

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