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Diabetic Smoothies: 35 Delicious Smoothie Recipes To Lower Blood Sugar And Reverse Diabetes (Diabetic Living)



Synopsis

Diabetic Smoothie Recipes The central factor in managing diabetes is the control of blood sugar. If you have diabetes, your choice of food matters a lot. You need to embrace food that is low in added sugar and fat, rich in nutrients, moderate to low in calories, and balanced in carbohydrates. The Diabetic Smoothies in this book are made of healthy and tasty vegetables, fruits, spices and herbs that are known to lower blood sugar. These superfoods provide fibers, antioxidants, vitamins, and minerals that will slow down the absorption of glucose in your body, boost your immune system, detox the body and help you manage blood sugar. When you're watching what you eat and trying to stay healthy, it's easy to feel deprived. Your mind can trick you into thinking you're hungrier than you are because you're not indulging in the rich desserts or easy snacks that you might have consumed in the past. A smoothie can be a meal, a snack, a dessert or something quick that you grab on the go. You'll feel less deprived, and that will help you control cravings and binges. By reading this book you'll learn:

- What is the diabetes diet
- Diabetes superfoods that can help lower blood sugar
- Tips to making delicious smoothies
- 35 Recipes for diabetic-friendly smoothies

Diabetes can be proactively managed through your lifestyle and what you eat. There is no reason to think you can't have a full, productive and joyful life just because you have been diagnosed with diabetes. Download Diabetic Smoothies today!----

TAGS: diabetic smoothies, diabetic smoothie recipes, diabetic smoothies recipe book, diabetic cookbook, diabetes diet, diabetic recipes, diabetic living, diabetes recipes, diabetic cooking, reverse diabetes, diabetic food

Book Information

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Sugar-Free

Customer Reviews

I usually only write a review for products I really like, but this purchase merits a 1 star review because I really DIDN'T like it. As a retired ICU nurse who has type II diabetes and has at least 1 smoothie daily, I was hoping this little book would contain some ideas for smoothies I had not considered. It was a profound disappointment. I have no idea what kind of education or training the author has, but she does not have a good understanding of the pathophysiology of diabetes, or of glycemic index or load. For example, she has one recipe for a smoothie which includes whole apples and pears-and she advises peeling the fruit? Why in the world would you peel and destroy the fiber and nutritional value which is in the peel of these fruits? Yes, I know that apple peel can contain some pesticides-if you don't eat organic, it is easy to scrub them before you eat them. In another, she describes juicing 3 oranges to add to the smoothie-and in another, using 1 cup orange juice. You might as well just add a cup of sugar to your recipe, Amanda! It is not news to any of us who are paying attention that the juice from citrus is highly glycemic, but eating the fruit itself provides some protection by slowing down the absorption of the sugar. She describes using almond milk or greek yoghurt, but I don't see any mention of using a protein powder to increase protein, which is good for diabetics. So in summary-this book is not only useless for diabetics, but could be harmful to the newly diagnosed or less informed consumer, trying to find their way to better health. I do not recommend it.

Good list of smoothies.. But.. wish there was a "pick one or two" item (vegetables/fruits/carbs) per category to make it simple. I juice 1st AM and I don't really want to deal with a following recipe..

This book lacks any dietary guidelines for calories and carbohydrates, sugar and sodium levels for the recipes. These are essential for a valid recipe for diabetics. I asked for a refund immediately!

Not quite what I was hoping for. It did not record carbohydrate values for the smoothies which is pretty basic info for a diabetic to need.

as advertised and prompt delivery

some really great tasting smooties

Very nice recipes. It is worth it for those people who want to make healthy drinks.

some really great ideas in this book

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