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PublisherReaders Digest Publication date2007 ISBN 10 0762107553 ISBN 13 9780762107551 BindingHardcover LanguageEnglish Number of pages304 Rating 4.12 4.12 out of 5 stars Jump to ratings and reviewsA major health crisis is emerging, one that most doctors are beginning to recognize. It's not heart disease, diabetes, or obesity, although it's linked to all three. It's out-of-control blood sugar, and you may have it without knowing about it.You may not realise it but your diet may be putting your health at risk. If you regularly eat foods that send your blood sugar soaring or dipping, this is the book you need. It lists 57 foods that will help you to lose weight, increase your energy, slash your diabetes risk and generally make you feel better.The book includes delicious recipes specially designed to promote better blood sugar, plus meal makeovers that show you how - with a few simple fixes, you can transform any meal into a 'magic' one. Finally, handy meal plans for three different calorie goals help you put the whole program together. Nothing could be simpler or more effective. 3 people are currently readingDisplaying 1 - 5 of 5 reviewsMarch 5, 2012Even those who don't have blood sugar problems can benefit from this book. Your kids, grandchildren, neighbors' kids.... Covers cancer-food connections, metabolic syndrome, and more.Colorful, practical and basic—basic can be very good since I need reminding of things I've learned.Easy recipes. Entries for foods common to just about any produce section anywhere in North America.Not sure if there is a more current version. If not, use sticky notes to 'update' portions and modify recipes.January 12, 2010It might be just what I needed to make my doctor very happy and keep me around a little longer, which is, of course, more important than my doctor's happiness. :~) Very wuick read, great info, many recipes.Displaying 1 - 5 of 5 reviewsGet help and learn more about the design. It looks like you're offline. This book features information on more than 100 magic foods that will help you lower your blood glucose and, as a result, lose weight, increase your energy, slash your risk of diabetes and improve your overall health. Recipes, meal makeovers and plans make it incredibly simple to get the right foods onto your plate. RELEASING JUST IN TIME FOR DIABETES AWARENESS MONTH Discover the 57 magic foods that can balance blood sugar to heal diabetes and pre-diabetes—including 125 delicious recipes Out-of-control blood sugar is wrecking havoc on Americans' health and caused more than 100 million adults to suffer from pre-diabetes and type-2 diabetes. And, doctors and researchers have discovered a shocking truth: If your blood sugar levels regularly soar and crash your body may sustain damage to your health. The good news is that by eating the right foods, you can help control blood sugar, keep hunger at bay, and help you feel satisfied longer. Diabetes Quick-Fix with Magic Foods is based on nutrition science, but designed for regular folks who just want to know what to eat. Inside you won't find strict eating regimens or crazy rules about carbohydrates. What you will find are 57 magic foods that can help you bump your diet into sugar-friendly territory. Add just one of the magic foods to your plate, and you can see results right away, such as: • Barley instead of white rice—thanks to barley's significant stash of soluble fiber it will slash the effect of your blood sugar by almost 70%—try Mushroom-Barley Pilaf • Add avocados to your diet—avocado contains fats that actually improve insulin sensitivity—try Turkey and Bean Chili with Avocado Salsa • Berries, from ruby red strawberries to mid-night blue blueberries, are magic for your blood sugar—they are full of fiber, which keeps blood sugar low, and antioxidants, which benefit every cell in your body—try Cherry-Raspberry Crumble • Pasta, although high in carbs, if cooked al dente and served with a topping containing vegetables, beans, chicken, garlic, and onions, you could get many magic foods on one plate and still keep your blood sugar in a medium range—try Macaroni and Cheese with Spinach • Cinnamon and vinegar are "secret ingredients" that can significantly lower your blood sugar response to any meal—try cinnamon in Moroccan Spiced Carrots or vinegar in Flank Steak with Balsamic Sauce The more than 125 recipes, meal makeovers, meal plans, and cooking tips make it incredibly simple to get more of the 57 magic foods onto your plate. Your meals will taste delicious and, in addition, they will rein in insulin resistance, offload dangerous belly fat, reverse pre-diabetes, and help heal diabetes while feeling more fully charged and ready to embrace life every day. Published by Trusted Media Brands RELEASING JUST IN TIME FOR DIABETES AWARENESS MONTH Discover the 57 magic foods that can balance blood sugar to heal diabetes and pre-diabetes—including 125 delicious recipes. Out-of-control blood sugar is wrecking havoc on Americans' health and caused more than 100 million adults to suffer from pre-diabetes and type-2 diabetes. And, doctors and researchers have discovered a shocking truth: If your blood sugar levels regularly soar and crash your body may sustain damage to your health. The good news is that by eating the right foods, you can help control blood sugar, keep hunger at bay, and help you feel satisfied longer. 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