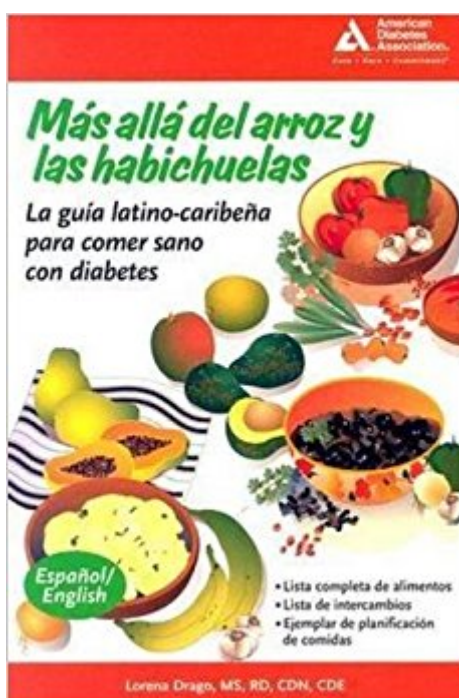


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# Beyond Rice And Beans / Mas Alla Del Arroz Y Las Habichuelas: The Caribbean Latino Guide To Eating Healthy With Diabetes (English And Spanish Edition)



## Synopsis

Written in English & Spanish, *Más allá del arroz y las habichuelas* is a long-awaited resource for dietitians and people who want to manage their diabetes but don't want to sacrifice the mainstay of their cultural identity.

## Book Information

Paperback: 149 pages

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Average Customer Review: 4.3 out of 5 stars 16 customer reviews

Best Sellers Rank: #558,170 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #115 in Books > Cookbooks, Food & Wine > Regional & International > Latin American #213 in Books > Cookbooks, Food & Wine > Regional & International > International

## Customer Reviews

Lorena Drago, M.S., R.D., C.D.N., C.D.E, a diabetes educator and consultant for more than 20 years, is the chair of the Hispanic Latino Specialty Practice Group of ADietA.

The book does offer a lot of helpful insight and can be very useful. My one gripe is that I would have liked to see more recipes. Sure there are plenty of books that have recipes but there is a dearth of books that have recipes of food from the Caribbean. The author stated that to her chargin when someone in Puerto Rico asked for help in how to eat healthy, there was not a food-health book that was not Mexican based. Latinos are extremely varied especially in diet and we do not all eat tacos, burritos etc... From that excerpt I would have thought the book would have had more recipes from the Caribbean. I ordered this book for my mother who was born in Puerto Rico, and who is trying to eat healthier due to her pancreatitis. I was looking for a book that would motivate her to stay on her diet by giving her healthy recipes of food that she grew up with, that not only taste good but are good for her (Believe me there are not many books out there, none that I could find). I found many Puerto Rican cook books but from the excerpts I read none of them were centered on a health

platform. I think this book would have been, not only excellent, but unique if it would have provided the recipes.

I bought this book for my mother who has early stages of Diabetes due to her poor choices eating. She was very frustrated not knowing what to eat. She said this book has plenty of information and guides that makes her understand better all there is to know about food and diabetes .

This book is full of sound, practical dietary advice for diabetics of hispanic or caribbean descend. Well researched. Lorena did an outstanding job. I recommend it wholeheartedly to hispanics with diabetes or health care professionals caring for this population. I am a physician and will recommend it to my patients in need of reliable nutritional advice.

The book is a series of dos and don'ts, but it offers little concrete help on how to design a diabetic plan for somebody who likes to eat and cook Latin.

Este es un, si no el Ãºnico, libro que cubre lo que comemos los caribeÃ±os. Con informaciÃ³n especÃ­fica sobre el contenido de carbohidratos y demÃ¡s nutrientes de los alimentos mÃ¡s comunes que ingerimos. Recomiendo este libro a todos los diabÃ©ticos!!!!

me ayuda a salir de la monotonia de preparar lo mismo todo el tiempo, hay mucha variedad sin la monotonia

great book, good easy to follow recipes

great

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