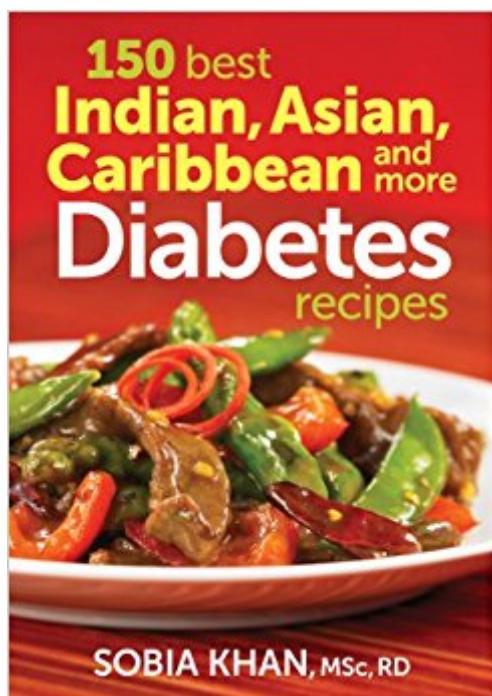


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# 150 Best Indian, Asian, Caribbean And More Diabetes Recipes



## Synopsis

An internationally inspired cookbook for anyone managing diabetes. This cookbook has huge appeal for two primary markets of high-risk individuals: 1) those from an ethnic background who want meals that are traditional yet offer healthy alternatives; and 2) those who are not from a specific ethnic group but seek ethnic recipes that are healthier and diabetic-friendly. Each enticing recipe has been specifically created for those managing diabetes and retains the taste and appearance of traditional ethnic dishes. These recipes have been developed by a registered dietitian and culinary school professor, so great taste and solid nutrition are guaranteed. The ingredients ensure a broad range of dishes and options, and there is no use of artificial sweeteners. Most of the recipes can be made in less than 20 minutes and each recipe has a complete nutritional analysis as well as handy professional tips. Everyone can enjoy these traditional recipes, with the same taste and look as long as they watch portions or modify certain ingredients. For example coconut milk or oyster sauce can be added to a favorite dish, so long as it is understood why certain amounts were chosen for the recipe and how they affect nutrition value. There are wonderful adaptations of dishes like Cauliflower and Potato Curry (Alloo Gobi), Butter Chicken (Makhani Murgh), Goan Style Pork Vindaloo, Hakka Bamboo Shoot Dumplings, Stir Fried Soy Bean Sprout, Kung Pao Chicken, Black Bean Soup and Valencia Seafood Paella. Unfamiliar ingredients are defined in the Multicultural Pantry List along with the invaluable healthy eating tips. The importance and benefits of traditional ways of cooking in this cookbook show that traditional foods can be enjoyed while managing diabetes at the same time.

## Book Information

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## Customer Reviews

Sobia Khan, MSc, RD is a professor in food and nutrition at the Centre for Hospitality and Culinary Arts at George Brown College in Toronto, Canada, and has worked extensively in managing nutrition and diabetes.

I know sobia khan, when She was little girl. I was surprise when I got her diabetic book and she is M.Sc and RD. the material content in the book is so fruitful and easy to make them. . As a diabetic myself book can be used everyday. This book is good for the Asian who are struggling with diabetic. As myself diabetic from last 25 years have a wealth of diabetic knowledge, monitoring 4 to 5 times a day for sugar content , then I choose my food and watch what I am eating , so this book help a lot .Sobia put her education knowledge and experience of her family in writing book which content lots of tips and nutrition value of each recipe.Syed A. Rasheed

I love the authenticity of the recipes and the clear concise directions for preparation. Good common choices of recipes but, would love to see more. These recipes are very good whether you have diabetes or not. It is very hard to find Pakistani / Indian recipes in English which is helpful for this generation living in America.

Interesting, creative recipes rich with authentic ingredients and seasonings made healthful. Well presented with many helpful tips that have resulted in many delicious meals!!!

Have not used yet but recipes lol authentic. Looking forward to making them

I am so happy that I came across this book. I have many patients of a South Asian and Asian background in my clinic that I see for diabetes and discussing their diet habits has always been challenging. This is partly because patients have told me that it is hard to adhere to a diabetic diet with cultural food that is tasty. Having a book with a comprehensive and easy to follow recipe guide has been a real asset for my patients. I bought some copies to keep at my clinic and I am always referencing Sobia Afzals book for examples of great tasting dishes. I also have a copy for my home and made Pakistani lamb stew the other night and it was quite easy to follow and tasted great! It is great to see an author that is not only of a strong academic background but

passion for helping others. Keep up the great work!

I bought 2 books as I have family that has diabetes. I am of South Asian background so the recipes ideas, nutrition analysis and meal examples will definitely help me and my family make healthy changes to their own traditional diet/recipes. The recipes in the book are tasty and some very quick and easy to make. I am glad that the Canadian Diabetes Association has also approved of this book which makes the book more credible for me. I would recommend anyone who likes to eat/try dishes from different cultures from around the world.

This is a wonderful book with lots of helpful hints, tips, nutritional information and description of each recipe. This is definitely a book I would suggest to my clients to review or get meal ideas from as each and every cuisine has so much to offer with their differing taste and variety!. Thanks, Sobia for putting this together!

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