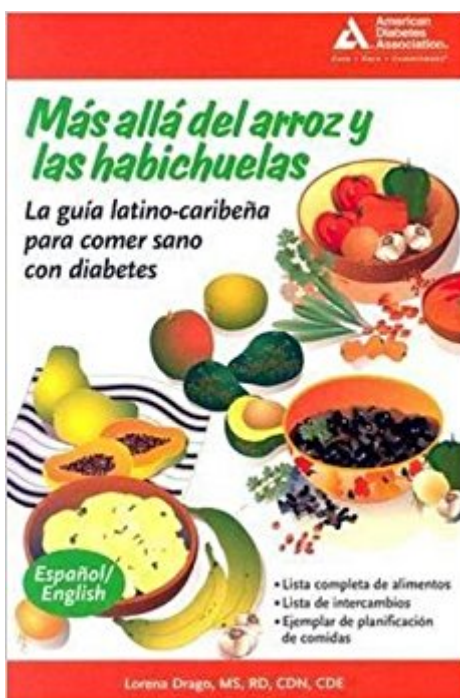


The book was found

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 Ãnico, libro que cubre lo que comemos los caribeÃs. Con informaciÃn especÃfica sobre el contenido de carbohidratos y demÃs nutrientes de los alimentos mÃs comunes que ingerimos. Recomiendo este libro a todos los diabÃticos!!!!

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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Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Rice Rice Baby - The Second Coming Of Riced - 50 Rice Cooker Recipes (Rice Rice Baby, Rice Cooker Recipes) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) La Esencia del Silencio: Tu Ser...mÃ¡s allÃ¡ del ruido del ego (Spanish Edition) How to Grow Beans and Peas: Planting and Growing Organic Green Beans, Sugar Snap Peas, and Heirloom Dry Beans and Peas Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Rice Cooker Recipes - 50+ VEGAN RICE COOKER RECIPES - (RICE RICE BABY!) - Quick & Easy Cooking For A Healthy Way of Life: 100% Vegan Approved! American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) Mas alla de mi Reaching Out Spanish Edition

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