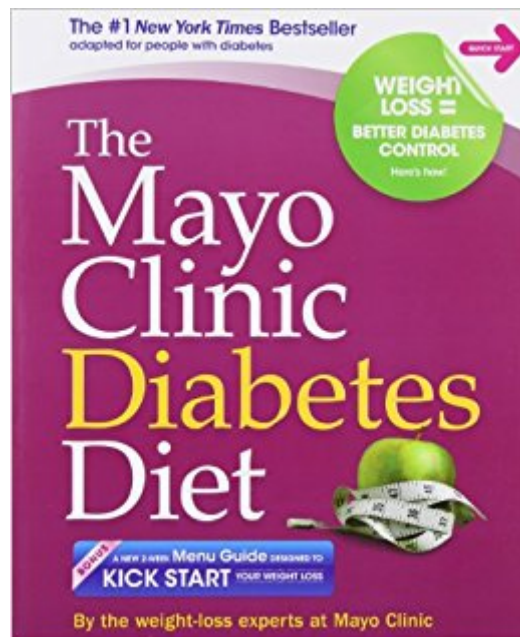




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# The Mayo Clinic Diabetes Diet: The #1 New York Bestseller Adapted For People With Diabetes



## Synopsis

The #1 New York Times bestseller adapted for people with diabetes, now in paperback with 16 brand-new pages, full of menus designed to kick-start your weight loss and control your blood sugar. From Mayo Clinic, a leading authority in health and nutrition, comes The Mayo Clinic Diabetes Diet, adapted for people with pre-diabetes and type 2 diabetes from the #1 New York Times bestseller, The Mayo Clinic Diet. This reliable plan is what you need to lose weight to help you control your blood sugar. The medical specialists at Mayo Clinic have created The Mayo Clinic Diabetes Diet as a two-phase plan: Lose It! and Live It! The Diet helps at-risk people prevent and control diabetes by losing weight quickly and safely, and then maintaining that weight loss. The Lose It! phase is a simple, straight-forward, two-week plan that encourages quick but safe weight loss that can help lower blood sugar. The Live It! phase of the diet offers basic and manageable steps and lifestyle changes and choices that are designed to help participants lose one to two pounds a week until a healthy weight is reached, and then to keep the pounds off. Mayo Clinic's weight-loss and nutrition experts have packed this book with meal plans, practical solutions, and specific tips on how to improve health and lose weight safely. The Mayo Clinic Diabetes Diet tackles all the familiar obstacles that get in the way of weight loss: dislike of exercise, distaste of healthy food, too little time to cook well, a too hectic schedule, struggles with cravings, and minimal support from family and friends. It is a reliable and safe companion for losing weight and controlling diabetes, beginning immediately and into the future. "This diabetes diet isn't a fad; it's about changing your habits for the better," states Donald Hensrud, M.D., Mayo Clinic specialist in nutrition and internal medicine and medical editor-in-chief. "With The Mayo Clinic Diabetes Diet, people can truly manage diabetes, eat well, lose weight and enjoy life."

## Book Information

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## Customer Reviews

"Concrete advice and tips provide instructions that can be followed by anyone. Excellent color, photos, and layouts strengthen the pertinent, easy-to-read content. The extensive table of contents allows users to navigate easily. An outstanding contribution." -Library Journal (Starred Review)

--This text refers to an out of print or unavailable edition of this title.

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy that the needs of the patient come first. Over 3,600 physicians and scientists and 50,000 allied staff work at Mayo, which has sites in Rochester, Minn.; Jacksonville, Fla.; and Scottsdale/Phoenix, Ariz. Collectively, Mayo Clinic treats more than 500,000 patients a year. For more than 100 years, millions of people from all walks of life have found answers at Mayo Clinic. Mayo Clinic works with many insurance companies, does not require a physician referral in most cases and is an in-network provider for millions of people.

Loving this book! Newly diagnosed diabetic and still so much to learn. This book has been the best of all five books I got. Explains more things about Diabetes, and I hope to loose weight using this book.

I'm not overweight, but after having gestational diabetes during my pregnancies, I felt it was time to get back on track with eating healthy now that my baby is a little bigger and I have more time (ha!) to worry about myself. This book is dedicated to weight loss, so I have to kind of alter some of the tips, but for the most part it makes eating healthy really easy. When I was pregnant, I was constantly counting carbs and logging information, but this book makes eating healthy very easy. Once you memorize the portion sizes for each food pyramid section and figure out your caloric intake, you can just break it down easily into meals (1 carb portion here, 1 protein/dairy portion there, etc). No counting calories! It's really easy. And honestly, you really get used to eating only whole grain carbs. They tend to fill you up more! One thing that I do a little differently is include one more portion of dairy/protein into my day than suggested (lean chicken, piece of cheese, etc). I feel the protein/dairy

portions are important for muscle and bones...

Together with "The Mayo Clinic Diabetes Diet". you have the perfect personal trainer, teacher, counselor, diet expert... Most important, this journal lets your get to know your weaknesses, strengths, gives you time and space to accomplish your goals, teaches how to read labels and helps you be on track with your progress. It is like having a friend by your side looking at your ups and downs, helping you to get rid of old habits and acquiring healthier ones. With the help of this handy and easy to carry journal I lost 18 pounds in two weeks and counting...In a few words, indeed, a real good purchase!

I found that the space to write food was not sufficient. Especially when creating your own recipes.

• The Mayo Clinic Diabetes Diet Journal • provides motivation, helps the dieter set goals, in an easy to use journal format. The eight week program is designed to establish making healthy weight a lifetime commitment. In the wrap up the authors provide strategies to help in this commitment. I found the motivational tips especially helpful. An easy to follow introduction begins with help to establish an realizable goal for the day. The planner gives steps to organize your meal plans, exercises, and guidance for an effective weight program. Persistence for the two month program has proven effective. Note remember this journal is designed to accompany • The Mayo Clinic Diabetes Diet. •

Although the diet itself is a good diet I found the who "psychology" around it to be boring and annoying. If you don't mind skipping around to get to the diet details the book is OK.

This gives me a lot of information I can use, and it from a reputable source. Worth the money.

this is basically a cut and paste from their diet, which has unlimited fruits and veggies , and the ada guidelines. So, what's the diabetic going to do with the unlimited fruits and veggies: Just as your doctor. I was extremely disappointed

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