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THE DIABETIC'S HEALTHY EXCHANGES™

COOKBOOK

JoAnna M. Lund

author of *Healthy Exchanges Cookbook*

"I'm
recommending
[JoAnna's
recipes] to
all my diabetic
patients."

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Conway,
R.N., B.S.N.,
M.A., C.D.E.

"...creative,
fun, EASY,
very tasty...
my diabetic
patients'
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Real food for people
living in the real world with diabetes

Introduction by Janet Meirelles, R.N., B.S.N., C.D.E.

Diabetics Healthy Exchanges Cookbook

JoAnna M. Lund



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The Diabetic's Healthy Exchanges Cookbook JoAnna M. Lund, 1996-10-01 Real food for people living in the real world with diabetes Just because you're on a restricted diet doesn't mean you have to be a slave to the bland and boring Now you can eat exciting tantalizing foods control your condition and weight and stay heart healthy all with one comprehensive cookbook JoAnna Lund's Healthy Exchanges works because every one of these recipes must according to her four basic rules be Low in Fat and Sugar A diabetic demands less sugar less fat and lower cholesterol Easy to Make If it takes longer to cook than to eat you won't see it in this book Made from Ordinary Ingredients If you can't find it in a local supermarket you won't find it in this book As Tasty and Good as It Looks If a dish doesn't satisfy every sense the way old family favorites do it won't get eaten no matter how healthy it is The Diabetic's Healthy Exchanges Cookbook features more than 150 kitchen and family tested recipes complete with all diabetic and weight loss exchanges as well as information on calories and fat content plenty of helpful hints and a good dose of encouragement I recommend JoAnna's recipes to my diabetic patients Donna S Conway RN BSN MA CDE Creative fun EASY very tasty my diabetic patients favorites Yvonne Guthrie RD CDE

The Healthy Exchanges Diabetic Desserts Cookbook JoAnna M. Lund, 2003 Accompanied by the latest information on diabetes and pre diabetes this handy cookbook features more than two hundred luscious desserts including cakes puddings pies cookies brownies breads cobblers and cheesecakes all made with little or no fat or sugar Original *30 Minutes to Mealtime* JoAnna M. Lund, 2007 The latest Healthy Exchanges cookbook explains how to prepare tasty convenient and nutritious meals for a family on the go with fifty complete menus containing two hundred recipes for dishes that can be prepared in thirty minutes or less accompanied by practical tips on successful cooking complete nutritional breakdowns and advice on how to read a recipe Original *Cooking for Two* JoAnna M. Lund, Barbara Alpert, 2006-05-02 Anyone can make tea for two but cooking a balanced interesting meal of two servings can be a challenge for newlyweds and empty nesters alike In this essential cookbook JoAnna Lund shows how to get the half used cans and never ending leftovers out of the refrigerator This all new collection includes more than 200 two portion Healthy Exchanges recipes for salads side dishes entrees and even traditional big portion items like soups and desserts And of course like all of JoAnna's recipes so beloved by home cooks over the years every one is quick tasty and healthy

Healthy Exchanges Sensational Smoothies JoAnna M. Lund, Barbara Alpert, 2004-06-01 It's breakfast on the go A year round treat A healthy dessert And it's taken America by storm Now JoAnna Lund offers a wealth of original smoothie recipes nutritious healthy and delicious that can be made at home simply and inexpensively She shows readers how to create flavorful smoothies at home the Healthy Exchanges way low in sugar low fat and packed with nutrition Includes the delicious Banana Flip Orange Coconut and Creamy Strawberry Daiquiri Plus there's a bonus section on getting creative with the blender featuring recipes such as Quick Chili con Queso supper or the No Bake Blender Cheesecake

Healthy Exchanges Cookbook JoAnna M. Lund, 1999 Lund's classic bestselling cookbook now

available in an easy to use lay flat binding With the 160 recipes collected in this volume anyone can lose weight and eat healthier while enjoying the real foods they crave The Strong Bones Healthy Exchanges Cookbook JoAnna M.

Lund,1997-09-01 A must have for anyone who wants to enjoy mouthwatering meals while building strong healthy bones that will last a lifetime Everyone knows that bones need a lot of calcium to stay strong But sometimes it s hard to plan flavorful satisfying meals that are rich in the calcium you need JoAnna Lund has solved the dilemma with The Strong Bones Healthy Exchanges Cookbook a hearty collection of recipes that are low in fat calories and sugar but pack a flavorful punch and a healthy dose of calcium in every bite The best part is these recipes are easy enough for everyday cooking so you don t have to spend hours in the kitchen to make sure your family eats right Choose from JoAnna s savory array of calcium rich dishes like Homestyle Potato Soup Creamy Italian Baked Chicken Breasts and Layered Taco Salad Top off your meal with one of her delicious desserts like Chocolate Strawberry Shortcake Lemon Crunch Bars and Magical Pumpkin Pie With 170 calcium rich recipes and a handy calcium gram counter An excellent way to incorporate more calcium in your diet while maintaining a low fat approach to eating Kerry Humes MD Women s Health Center Moline IL **The Cancer Recovery Healthy Exchanges**

Cookbook JoAnna M. Lund,Barbara Alpert,2000 The best selling author of the Healthy Exchanges Cookbook presents 175 easy to prepare recipes for nutritious and healing dishes that are designed to promote cancer prevention and recovery

Cooking Healthy with Soy JoAnna M. Lund,2005 Using more than two hundred taste tested recipes the author of the Healthy Exchanges cookbook series explains how to incorporate soy into an everyday high protein low carbohydrate dietary program introducing a variety of soups salads vegetable and side dishes main courses desserts breads and breakfast items Original

Baking with Splenda JoAnna M. Lund,Barbara Alpert,2005-12-27 Take the Sin out of Cinnamon Rolls From fresh baked bread and biscuits hot from the oven finger licking pies and decadently sweet cobblers to heavenly coffeecakes sinful cheesecakes and gooey chocolate chip cookies JoAnna Lund has accomplished the impossible using Splenda No Calorie Sweetener Whether it s her Peanut Butter Cup Cookies Blueberry Crumble Pie or Cappuccino Cheesecake JoAnna s more than 200 baked goods and desserts are as quick and easy to whip up as they are low in sugar carbs and fat This all new collection also features Baking Plus Recipes for sauces glazes and toppings Special section of recipes using Splenda Sugar Blend for Baking Cooking and baking secrets and tips to get the best results with the least calories and fat Best bet recipes for your bread machine *Cooking for Two* JoAnna M. Lund,2006 An all new compilation of more than two hundred two

portion recipes includes healthful and delicious salads side dishes entr es soups and desserts along with tips on choosing and using ingredients complete nutritional data and helpful cooking hints Original 50 000 first printing Hot Off the Grill JoAnna M. Lund,2004 A new cookbook based on the popular Healthy Exchanges diet plan introduces 150 easy to prepare recipes for the electric grill offering a variety of low salt low fat low sugar dishes including German Grilled Potatoes Egg and Mushroom Sandwiches Fried Apple Rings and Chicken Almondine Salad along with nutritional data recipe variations cooking

tips and more Original 25 000 first printing **The Heart Smart Healthy Exchanges Cookbook** JoAnna M. Lund,1999-02-01 Doctors and scientists agree that the right diet may help control and prevent heart disease But how can you eat heart smart meals without giving up on taste JoAnna Lund s Healthy Exchanges system shows you how by giving you commonsense ways to adapt the foods you like to eat With easy to cook delicious recipes that are low in fat sugar and sodium and high in fiber and vitamins you can prepare healthy meals that are good for you heart with the taste of the down home suppers you ate at Grandma s house Satisfy your whole family with such savory meals as Cheesy Tuna Garden Skillet Stovetop Chicken and Broccoli or Red Rice Skillet Then enjoy Sam s Baked Rice Pudding Chocolate Raspberry Cheesecake or Oatmeal Chocolate Chip Cookies from among the many tempting guilt free desserts If your goal is a lifetime of good health and isn t everyone s The Heart Smart Healthy Exchanges Cookbook can give you a giant step in the right direction

Cooking Healthy with a Pressure Cooker JoAnna M. Lund,Barbara Alpert,2007-12-04 Healthy recipes for any kind of pressure cooker Whether they re cooked in an old fashioned pressure cooker or a new electronic programmable one delicious dishes are only a few steps away with these Healthy Exchanges r low fat low sugar heavenly creations soup to nuts JoAnna Lund once again proves that healthy eating can and should be finger licking good In addition to approximately 200 quick and easy recipes the book includes Best pressure cooker tips for success How to create a Healthy Exchanges r pantry A Healthy Exchanges r chopping chart for easier preparation JoAnna s Ten Commandments of Successful Cooking How to read a Healthy Exchanges r recipe *Cooking Healthy Across America* JoAnna M. Lund,Barbara Alpert,2001 JoAnna Lund s favorite regional recipes are now available in a special comb bound edition All of the recipes from Pilgrim s Corn Chowder to Alamo Fudge are low in fat calories and cholesterol **Grandma's Comfort Food-- Made Healthy** JoAnna M. Lund,1998

30 Meals / 30 Minutes JoAnna M. Lund,Healthy Exchanges, Inc,1997 120 simple recipes and menus to let you get healthy delicious food on the table fast **Cp Deluxe Potful of Recipes Ams** JoAnna M. Lund,2003-08-08 Medical and Health Care Books and Serials in Print ,1997 When Every Minute Counts JoAnna M. Lund,1998

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