



## The Mayo Clinic Diabetes Diet

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## **The Mayo Clinic Diabetes Diet Mayo Clinic**

From Mayo Clinic, a leading authority on health & nutrition, comes The Mayo Clinic Diabetes Diet, the reliable plan you need to lose weight and help you control your diabetes.

## **The Mayo Clinic Diabetes Diet Details**

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## From Reader Review The Mayo Clinic Diabetes Diet for online ebook

### **Kate says**

The language is very dumbed-down, and it is formatted like one super long glossy magazine (which may or may not appeal to you), but there are some good ideas in here.

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### **surfurbian says**

Not bad really. Only a few things I would add. I think that people with diabetes should consider eliminating grain and dairy altogether. At least experiment with those food types and track their impacts on various metrics such as blood sugar, weight, sense of well being and so forth.

The book recommends exercise in the lower range of the aerobic threshold. This is a good call and a great place to start. Higher intensity intervals and weight lifting has its time and place as well with benefits unique to those activities. IMHO intense aerobic exercise should only be done after spending years to established a strong base and weight lifting should be started very conservatively.

That said higher intensity exercise such as intervals has shown evidence to reduce cellular aging in some studies. Weight lifting has been shown to reduce insulin resistance. Intervals can be tough on a body if the workout is high impact so I like to use low impact exercise such as swimming, spinning, SUP or canoe/Kayak paddling, or rowing. Think of these as spices you can add to the meal of low intensity exercise.

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### **Joanne says**

great book about diabetes and taking steps to either not get it or to live with it, great info presented in an easy to read format with pictures and charts great resource for anyone prediabetic or already diagnosed --- recipes are good and practical tips for exercise and reducing tv time to accomodate exercise and healthy solutions for eating, excellent nutrition advice on what to eat & how it affects your glucose levels, A must read for anyone dealing w/diabetes!

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### **John (JP) says**

This book seems to be best of the books I have read for those of us who are on the road to type 2 diabetes. The book has the information you would expect from a book written to an audience who may be in denial about what they've done to their bodies. The book's color illustrations make the food recipes begin to look tasty. It even has a full 2 pages on desserts. Now about the E word I mean exercise the book does not beat you up about it. It does however present a program to get you to do it. The book is balanced in its approach to diabetes and realizes that some its potential readers may not be ready to face themselves and the facts about this condition. Yes you are gonna die this book may put off a few months or years. Buy this book and listen to your doctor.

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### **Rachel says**

Reading for a friend. Some very helpful pages of quick ideas or go-to groceries (the sort of thing I'd tear from a magazine), but a bit overwhelming, overall.

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### **Katonda says**

For me all this information was old news. I just need to make it a part of my everyday life....healthy foods, activity, etc. This would be a good book for someone that has no clue about what a healthy diet and exercise looks like.

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### **Jeanne Mac says**

Very well written and quite encouraging. Lots of tips for motivation and ideas to stay motivated. Will try the program and see how it goes. Liked it well enough to buy it after checking it out of the library.

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### **Stephanie Shipley says**

The advice in this book is great. It starts off listing 5 habits you should add. Then it lists 5 habits you should work on breaking. After that there are 5 bonus habits to adopt. It also goes into further detail about diabetes, carbs, portion sizes, and so on. It is a good book to help get on track.

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### **Kristi Richardson says**

#### **Great book for safe weight loss for Diabetics.**

The Mayo Clinic is a well respected medical center around the world. This book combines several doctors writings on Diabetes and weight loss. The program is easy to understand but you have to be dedicated to follow it.

The basics are here. Eat better, exercise more and stick to it. There are a few sample menus and recipes. I found this very helpful and will try to follow it. I borrowed this book from my local library.

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### **Garrick says**

Very happy with this book. I'm well on my way to better health, I've already lost 15 pounds in the first month, and the diet (well, eating plan) is very easy to follow and simply explained.

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### **Carolann says**

I found this book very informative.

As a new diabetic I am struggling with new and confusing issues.

This book let me know there is a better and healthier way for me to eat.

I also liked the tips on having a better self image.

That even if I slip up, I can still succeed.

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### **Kathy (McDowell) Miller says**

My husband was told by his doctor that he is pre diabetic. He loves his bread, his processed fatty foods, and his large portions. I read this book as a last report in my attempt to change his unhealthy lifestyle. I am vegan and I've managed to switch my husband away from fried foods, dairy milk and butter, but I needed help with the bread, cheese, and wolfing of food. (He'll make a fast food run if I don't provide certain foods at home.)

I loved this book! The colorful pages and short chapters written for the layperson were perfect for my husband, the non-reader. The authors definitely understand the mindset of a dieter: "Before you start the program, remove from your home all conventional snacks...Don't tuck them away in the back of a cupboard or freezer. Don't think you can resist the temptation of opening the package. Get rid of them! If it's in your house, it's in your mouth."

Some of the challenges will be difficult, such as: No eating while watching TV (computer, podcasts, etc.) and only as much TV time as time spent exercising. The book provides many easy and fun tips for accomplishing this goal.

I plan to purchase the companion "Mayo Clinic Diabetes Diet Journal" so we have a record of progress that my husband can take to his doctor.

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### **Karen Witzler says**

Like a compendium of every Weight Watchers pamphlet ever. Designed for the illiterate, and poorly done at that.

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### **Sherri says**

This book expertly and simply lays out the facts for healthy eating in a straightforward manner. I know what to do...Time to do it!

