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Diet for Diabetes – Diet Guidelines for Diabetic Patients

A well planned diet is an essential part of diabetic patient's life. Proper controlled diet with adequate exercise helps in maximum control over diabetes. As per the report produced by American diabetes association, a person with diabetes should intake food with fifty percent carbohydrate content, thirty percent fat content and twenty percent protein content. Uncontrolled consumption of food results in overweight of the body there by increasing the chance of hyperglycemia. Over consumption of oily food is one among the important cause leading way to diabetes. Accumulation of fatty acids reduces metabolic activity of the body which may further lead way to various health complications like increased blood pressure.

High blood pressure supports hyperglycemia and increases the risk of heart disease. Try to avoid the intake of fried meats, fast food and foods which contain an over amount of saturated fats mainly seen in meat. Studies say that it is better to prefer sea foods like fishes and prawns than meat and poultry for controlling blood sugar level. Make use of low fat foods

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like oats for controlling body weight which helps in maintaining a proper control over cholesterol level and triglyceride level in the body.

Apart from taking oral medicines and insulin doses, preparing a planned diabetic diet so as to control the blood glucose level is very important. Diabetic diet helps in keeping a balanced calorific value in the body there by preventing the chance of hypoglycemia and hyperglycemia. Never hesitate to consult a doctor when the glucose level concentration is higher than usual level even after taking proper medicine and food. Many physicians advice in taking foods containing unsaturated fats. Canola oil, virgin olive oil, sunflower and rapeseed are examples of monounsaturated fats and polyunsaturated oils which help in tolerating insulin function.

Most of diabetic patients prefer sweet taste dishes than other tastes. Some times, warning and advice creates no use or null effect on many diabetic patients. So it is better to give them fresh fruits than other sweet products like ice creams and chocolates. Maintaining blood glucose level by using sucralose as a sugar substitute is another way to control diabetes. Also do regular checking and make sure that the blood glucose level

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is not exceeding its value. Glucose value should be between 80 and 120 mg/dL before meals and should be between 100 and 140 mg/dL after meals.

Usually doctors advice diabetic patients to carry sugar candy with them. This will help diabetic patients in preventing complications due to hypoglycemia. A good bed time snack reduces the risk of hypoglycemia during sleep hours. Before meals, make sure that appropriate insulin dosage is taken to maintain the blood glucose level. Basal and insulin lispro are two kinds of insulin dosages taken by diabetic patients before and after meals. It is better to take meals and snacks in regular intervals of time rather than taking a large quantity in single trip. Making a note of daily diabetic diet helps to a great extend in planning meals accordingly. Diabetic diet thus plays a key role in maintaining a healthier lifestyle.

Read more about [Diabetes Natural Treatment](#). Also know about [Diabetes Home Remedies](#). Read about [Ayurvedic Treatment for Diabetes](#).

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Tips For Living With Your Diabetic Dog

If you have a diabetic dog, life is probably a bit more complicated for you and your pet than it used to be. Canine diabetes can be a challenging condition to manage, but it can be done. Here are some tips to make life easier for both of you.

Is Exercise A Good Idea For Dogs With Diabetes?

Yes, it is, but you do need to be careful. Too much exercise can cause your pet's blood sugar levels to drop to dangerously low levels. It's always a good idea to keep a little Karo syrup with you so you can rub it on your pet's gums if he starts showing signs of hypoglycemia.

It's essential to be establish a consistent routine for exercise. You'll need to commit to exercising him every day at about the same time, for about the same amount of time each day. Avoid having him out running around at top speed for a half hour once or twice a week, and then sitting around the rest of the time.

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A daily ten-minute walk can help considerably in keeping your pet's blood glucose regulated. Low-key activities, where your pet doesn't start panting, are best. Walking or swimming are recommended exercises for a diabetic pet.

Always consult with your vet before starting an exercise program for dogs with diabetes.

What Should I Be Feeding My Diabetic Dog?

You need to understand that most dry dog food contains too many carbohydrates. The problem is that carbohydrates are quickly broken down into glucose, which is dumped into his system all at once. This causes a spike in his glucose levels. A pet with diabetes either isn't producing enough insulin to regulate these levels, or his body can't use it. When glucose levels remain high for a long time, it causes damage to just about every organ in your pet's body.

Learn to read pet food labels. You'll probably be surprised to learn that even the dry prescription diet your vet recommends contains too many carbohydrates for dogs with diabetes.

You'll want to feed your pet a high-quality grain-free food. Canned food is probably best, although there are dry foods

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available now that are grain-free. Look for a food that's high in fiber, and low in fat. Protein and fat are also broken down into glucose, but it's released into your pet's body over a much longer period of time, which avoids those nasty spikes in blood sugar levels.

You'll be feeding your pet two or three small meals a day instead of one big one. This also helps to regulate glucose levels in his blood.

Are Natural Remedies For Dogs Safe For Pets With Canine Diabetes?

Some pet owners are interested in using herbs and dietary supplements to regulate glucose levels naturally. Research has shown that the herbs goat's rue, fenugreek, and astragalus, along with the mineral chromium, are very effective in controlling blood sugar levels in pets. These remedies are safe to use in combination with the insulin prescribed by your vet.

Always consult with your vet before making any treatment changes. Most vets are very open to the use of natural remedies, and will be willing to work with you and your

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companion. It's important that your vet monitors your pet to be sure he doesn't develop hypoglycemia. It may be necessary to lower the insulin dose when using natural remedies for dogs.

Do yourself and your diabetic dog a favor and try a natural pet remedy today. Life may become less challenging for both of you.

Darlene Norris has combined her experience working at a vet clinic with her long-time interest in natural healing to bring you her new website, Natural Pet Diabetes Control. Learn how you can use natural remedies for dogs to help your diabetic dog by visiting <http://NaturalPetDiabetesControl.com>

Calorie Diabetic Diet Menu Helps Diabetics to Plan Their Diet

A calorie diabetic diet allows you to take control of calorie intake. We get calories from basic food content which are

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carbohydrates, proteins and fats. We get energy from carbohydrates but it affects our blood glucose level. More carbohydrates results in high sugar levels in your blood.

With the help of calorie diabetic diet you can control per day calorie intake and hence can manage diabetes effectively. The need of calories is not same for everybody, the amount lies between 1200 and 1800. But in the case of gestational diabetes calorie range should be between 2000-2500 calories per day.

In calorie diabetic diet you have to be careful about foods which you include in your meals. Plan your meal according to your calorie diet. The menu depends upon which calories diet you choose. Your doctor suggests you a calorie diet according to your diabetes type and physical status.

If you choose 1800 calorie diet then plan your whole day meals such that throughout the day you get only 1800 calories and not more than that.

A sample menu for 1800 calorie diet is: In breakfast include two slices of wheat toast, one cup low-fat yogurt, 1/2 cup orange juice, two teaspoon margarine, four teaspoon sugar free jelly and coffee or tea.

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The lunch should be of four oz grilled chicken, two dinner rolls, two oz fat-free or low-fat cheese, two cups green salad with one tablespoon dressing, one teaspoon margarine, one peach and one cup skim milk.

Dinner include one bread, 2/3 cup pasta noodles with 1/2 cup pasta sauce, 1/4 cup eggplant and zucchini, and 1/2 cup unsweetened applesauce.

This is one sample of 1800 calorie diet. You need not follow this plan every day, you can make variations in your meal but remember that plan your meal in such a manner so that it contains only 1800 calories. While choosing foods you can take the help of food exchange list. A food exchange system divides all foods into six groups. Each group contains list of foods having same calories. You can replace the food with another food of same calories but exchanging foods between the groups is not allowed. You can exchange the food within the group. With the help of exchange list you can select the food and exchange it with another food having same calories.

Occasionally you have to eat some food which is not in your regular diabetic diet especially when you go for a party. Then in this case adjust your diet so that you can also enjoy that

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food. Eat less calories at lunch and have a small portion of cake or ice cream. Instead of sweets drink a calorie free beverage. If you take excess amount of calories than your regular calorie diet then burn the calories by exercise such as walking, cycling etc. Monitoring your blood glucose level is essential because if it goes up you can adjust your next meal and can keep sugar level within normal range.

Thus calorie diets are very effective in diabetes treatment and management.

Drink lots of water because it is calorie free and helps to flush away the toxins. Did you know that flavored carbonated water has no calories, sugar, body, sweetener, color or preservatives? Do you want to know more? Check out tutorials.carbonatedseltzerwater.com/

This article is submitted by Ola Martinsson, who just recently got the diagnosis diabetes. Trying to read and understand as much as possible about diabetes. Found an interesting site at <http://adviceondiabetes.com> with a free ebook including more than 500 diabetes recipes.

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Diabetic Nutrition is Not Imposed Starvation!

Living with a health condition is never easy. Primarily it's because you have to go about with limitations. How you eat and what you eat is basically one factor you have to be mindful of. This has to do with healthy eating, and by eating healthily, you give way to better health. For instance, one of the most threatening diseases you can ward off by healthy eating is heart disease. Heart disease is by all means deadly, possibly resulting to stroke, heart attack and other complications. By eating healthy, it does not at all mean starving yourself or fasting. To eat healthily is more of having healthy food choices eaten at the right time.

Fruits and vegetables, whole grains, beans, lean meats, poultry and fish are some of these healthy food choices. The proper diet has to do with nourishing yourself with sources from all food groups, and therefore your nutrient needs are well-provided. And then again, there is of course, you having to eat them at the right amounts-not too much, not too little. Vitamins and minerals and fiber are the basic elements your

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diet ought to contain. Proper nutrition- do not undermine its significance, especially if you suffer from diabetes. Diabetes is a degenerating disease. Complications could well arise if you are diabetic and you neglect managing your condition.

One of the vital means of managing diabetes is through the diet, or else providing yourself with proper diabetic nutrition. Thinking about diabetic nutrition, what might come into mind is yourself eating bland hospital food. Not at all. In fact, diabetic nutrition can be as enjoyable as a regular meal. The whole family can enjoy it, not just the diabetic person. Proper diabetic nutrition can promote the whole family's well-being other than the diabetes sufferer in the household. For proper diabetic nutrition, you would need a well thought out diet and meal plan. Your diabetic diet and meal plan can consist foods to your liking, not bland or boring foods.

Diabetic nutrition makes way for better blood sugar, cholesterol and blood pressure levels for you. Your diabetic meal plan keeps your weight in check, too. Having healthy weight is an essential aspect of managing diabetes. Keep to the proper diabetic nutrition program and you prevent diabetes complications as well as keep yourself fit. That's health and

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fitness, including proper diabetes management. But in the same manner, diabetic nutrition is to be complemented with exercise, or physical activity. If your doctor has recommended diabetes medications, it has to be incorporated in your diabetes management program, too. It is best that you resort to your doctor or a qualified dietitian to devise your diabetic nutrition meal plan.

They can give you the most suitable recipes for your particular case or condition, your needs and even your preferences. Thinking to yourself that you need to impose “restrictions” on yourself for diabetes management would only give you more stress. On the other hand, think of yourself as somebody who takes time to love and care for you and your body. That what you do- healthy dieting and exercising- are means of loving yourself rather than “punishments”. Think of what you’d gain by keeping to a healthy lifestyle- good health and vigor, healthy mind and emotions and happiness. Aren’t they worthy goals to invest your time, resources and effort on? So by all means, live healthy, and do it with pleasure!

The author of this article Rose Windale is a Health and Wellness Coach who has been successful with several natural health programs for many years. Rose decided to share her

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knowledge and tips through her website <http://www.healthzine.org>. You can sign up for her **free newsletter** and enjoy a healthy and happy life.

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Treating Diabetic Ketoacidosis

Diabetes is one of the most common diseases faced with people these days. Diabetes need a lot more care than other diseases so as to see that the blood sugar level is controlled in the body at regular intervals. If the blood sugar gets so high that ones body starts burning fats stores for energy, one may start producing ketones bodies which build up and spill over in to the urine. Ketoacidosis is a condition which is commonly found in Type1 diabetes, where the combination of high blood glucose, ketones bodies, dehydration, and various chemical imbalances and when not taken care of results in the same. But studies have shown this is not found in Type 2 diabetes.

One has to be more careful and more aware, if one is suffering with other illness along with diabetes, as ketoacidosis have

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more chances to attack the body system, therefore it is vital to check ones blood glucose frequently. One should be very careful when home sick, one should always be prepared with one's spouse or a close friend in case if emergency occurs. One should make them instruct that if in any case one may not answer the phone after frequent rings they should come to the house, give a check and if found in conscious state should be referred to hospital or they should call an ambulance without any delay.

Intravenous fluids are used to treat diabetic ketoacidosis, as they dilute the blood glucose and rehydrate you. Chemicals like potassium and sodium are used with intravenous fluid in order to balance the boy's imbalances. Insulin is also used to push glucose out of the bloodstreams and eventually into the cells. As soon as the blood glucose level comes down to normal, the body immediately needs some fuel in the form of glucose to prevent the formation of ketones. That is why glucose is added to the intravenous fluid. In emergency situations, you will be stabilized in the emergency room by physicians and later they keep you in hospital for a day or two to make sure that your have passed the crisis period safely and there is no threat left over.

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Mathew is a diabetic child and he got food poisoning or stomach flu for some reasons and began to vomit. As far as insulin is concerned, he knew nothing, but to take prescribed dose of insulin. Besides this, he had no idea about it. His condition became severe and his mother called for doctor help. Doctor suggested her to take her son immediately to emergency. Mathew was dehydrated. Doctors took some blood and began intravenous fluid treatment. He was admitted to intensive care unit as he was so dehydrated, he took eight liters of fluid before he had to urinate.

The purpose of giving this example here is to let you know that how important is your immediate response to diabetic ketoacidosis. If you show any carelessness, the things get worse for you. So, if you feel that the things are getting worse rather than improving, contact your doctor immediately.

You might also want to learn about [Treating Diabetic Ketoacidosis](#) and [Dealing with Hypoglycemia](#)

Related [Diabetic Diet Articles](#)

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Alpha Lipoic Acid Diabetic Neuropathy

Alpha lipoic acid [ALA] is an antioxidant that has shown tremendous promise in not only reducing the pricking, cutting and searing pain associated with diabetic neuropathy but also in providing a boost in the effectiveness of other vital vitamins in diabetics. Hence, with alpha lipoic acid diabetic neuropathy can certainly be tamed to a certain extent.

Diabetics might unfortunately find out that over a period of time, due to poor blood circulation and nerve damage, they might start getting a feeling of numbness followed by bouts of pricking, cutting and searing pain in the muscle of their leg or hand. Diabetics will need to increase their level of care in such cases since they might not even realize if a nail has punctured through the sole of their feet. Regular foot and hand inspections will become mandatory in such cases. However, the arrival of alpha lipoic acid in capsule form can at least alleviate the pain related to diabetic neuropathy.

In addition to relieving pain, ALA has also been shown to

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remove glucose from blood, which in turn helps in regulating blood sugar levels to a certain extent in diabetics. Again, while there are no sure-shot cures for diabetes, this antioxidant is also helpful in mopping up harmful chemicals in a diabetic patient's blood cells due to its antioxidant properties. However, blood sugar levels will need to be continuously monitored for patients taking these capsules to maintain a proper balance in levels. Alpha lipoic acid is anyway better than any current alternative in the market since analgesics might just make the patient drowsy while narcotics could quickly turn into a habit.

ALA is also found naturally in the human body. It can also be found in foods such as beef, spinach, broccoli, and even in brewers yeast. But if it is not present in normal levels in a diabetic's body, then regular doses in the form of supplements can be recommended by the patient's doctor. Past studies have revealed that alpha lipoic acid works quickly upon ingestion and provides relief from the aches and pains related to diabetic neuropathy. Alpha lipoic acid also helps in enhancing the effectiveness of other vitamins such as vitamin C and E. Its antioxidant properties have also helped in defending vital brain tissue from the ravages of harmful chemicals.

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Although ALA is beneficial for humans as well as pets, it is not recommended for cats since it could result in liver toxicity. Anyway, before starting any pet on alpha lipoic acid, it would be better to consult the pet's veterinarian. The healths of most humans and pets have definitely improved within a month of taking these capsules. Again, pregnant or lactating women should also avoid the intake of alpha lipoic acid capsules due to an absence of data of any long term effects.

Hence, antioxidants such as alpha lipoic acid in capsule forms can be of great help to diabetics that are suffering due to the painful effects of diabetic neuropathy. Diabetics should consult their doctor and get started immediately since with the right dosage of alpha lipoic acid diabetic neuropathy can certainly be reduced to quite an extent and the patient can concentrate on taking care of the other aspects of diabetes.

This article is submitted by Ola Martinsson, who just recently got the diagnosis diabetes. Trying to read and understand as much as possible. Found an interesting site at <http://adviceondiabetes.com> with a free ebook having more than 500 diabetes recipes

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Healthy Diabetes Recipe – Watch What You Eat

Diabetes Recipe Books may be hard to understand but there are sites in the internet that offer different kinds of recipes that taste good. There are tips to help prepare their meals since you have to set aside some portion for them if they are on a strict sugar-free, salt-free and cholesterol-free diet. If you have a diabetic in your family, dining out at fast-foods may become a constant argument since they will tell you that their doctor said this their doctor said that so to cut the exchange of words, why not prepare food that is intended for people like them.

Diabetes Recipe meals are not exclusively made for them. You could also enjoy such meals if you think you are on the borderline to being a diabetic, diabetes runs in your family or you just want to loose weight. It would be best to inform and educate other members of the family that you are preparing a healthy concoction for the coming weeks so they would not be shocked that you seem to have forgotten that food has flavors. There will come a time that you may have exhausted all the

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fish in the sea to make several of the offered menus. Worry not since you still can introduce red meat to your diabetic mother or father and your whole family.

Did you know that eating red meat once in a while can be good for the body too? There are some people who get hungry more faster if they live on fish and if they are diabetics, it would be wiser to shift to something filling in order to avoid blood sugar drops. Keep in mind that when you prefer to serve meat, you must get the lean cut so as to not introduce fat in the diet. According to the Diabetes Recipe, a good way to cook meat is by grilling so excess fat just drips. Don't gather the drippings to make gravy! It's just like squeezing lemons on an open wound. Caring for a diabetic has its fair share of ups and down after all.

For more information on Diabetes Recipe visit the author's diabetes blog at <http://www.diabetesblogging.com>

Diabetes Type 2 – A Diabetic

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Meal Plan Can Reverse Your Diabetes

Has your physicians told you or your family member that you have diabetes type 2? I know that this information was the worst news that you have heard in a long time, but just know that there is something that you can do to reverse diabetes. Diabetes is just not a disease of the pancreas but it will affect every part of your body if the blood sugar is not under control. The complications of diabetes can be blindness, hypertension, stroke and even heart attack.

A diabetic diet is the most effective treatment for diabetes. If you change the way you eat then you can lose weight, reduce your blood sugar level and may even reverse this diabetes.

A diabetic diet will consist of a balance of carbohydrates, protein and fats. There is lot of discussion on how much carbohydrates you should have but most nutritionist would agree that the carbohydrates that you should eat will be a low glycemic index (or a carbohydrate that will not raise your blood sugar level) such as having for breakfast a piece of whole wheat toast vs. a doughnut.

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Most people who start out on a diet do very well, but then fall back into their old ways. It is believed that if you want to succeed you need a plan. There are professionals on line that will create a diabetic meal plan for you to get your started today. Also have a plan for when you are eating out, decide before what you will order or eat before you leave so you will not be so ravenous and be tempted to eat some things that you should not eat.

Decide today that you will follow the diabetic diet. There are professionals that will plan the diet just for you. Don't let diabetes take over your life. Take back control today and decide that you will eat the right food in the right amounts.

I have found this resource for Free Diabetic Diet Plan and would like to share it with you.

Related [Diabetic Recipe Articles](#)

Diabetic Dessert Recipes – The

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Important Tips You Should Know

Being a diabetic does not mean that you have to go entirely and absolutely free of sweets in your meal plan. Occasional mildly sweet treats can be allowed at certain times provided that your blood sugar levels are maintained within your target range. Eating food that are low in sugar and carbohydrates – both usual components of most desserts, makes up part of a natural treatment for diabetes. Food intake and food choices should therefore be adjusted to ensure that only good food for diabetes are included in any diabetic low carb diet. There are menu planners and cookbooks in the internet that contain hundreds or even thousands of diabetic meal recipes as well as diabetic dessert recipes that are interesting, healthy, and delicious.

Studies have shown that there are ways to lower blood sugar just by altering how we eat and what we eat. There are cookbooks on the diabetic low carb diet that contain lists of food that are allowed in the diabetic diet. The meal plans for diabetics often vary from one individual to another. It is best to consult your physician and your dietitian so that they can draw up a meal plan for you. Generally, food that are low in sugar or those whose glycemic indices are low are allowed

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into these meal plans. Sites that help you draw out your meal plan would also have diabetic meal recipes and diabetic dessert recipes that would be easy for you to prepare and delicious enough for you to enjoy.

Dessert is one of the sweetest foods that we eat. It is not unlikely that this part of the meal will be the one that gets cut when one develops diabetes. It is a good thing that there are still ways to enjoy dessert without having to suffer the effects of having a high blood glucose level. Diabetic recipes use only those ingredients that are low in glycemic index and are prepared in a low fat manner. With these recipes, anyone suffering from diabetes can have his fill of a deliciously prepared meal without having to worry about his blood glucose levels shooting up. There are, however, differences by which each one who suffers from diabetes reacts to sugar in the food that they eat. This is why it is still best to consult with your physician if you wish to include certain recipes in your meal plan.

Eating a balanced and healthy diet prepared from diabetic meal recipes and diabetic dessert recipes is a good way to control the effects of diabetes. When done in conjunction with a good exercise program and a healthy lifestyle, the diabetic low

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carb diet will effectively help anyone suffering from diabetes live long years free of any adverse complications. Eat only those good food for diabetes and keep your life stress-free are the most common advice that diabetics get from their physicians. Medication is not the first and only solution to diabetes. In fact, there are no known cures for diabetes. Once you are diagnosed with diabetes, you are considered to be diabetic for life. You can only try and manage your diabetes by looking for ways to lower blood sugar levels in your system.

Controlling blood sugar is an art. If you want to be an expert in it, you should know what Diabetic foods to eat & avoid. Discover 5 Simple Tips on How to Lower Blood Sugar Levels today.

Related [Diabetic Recipe Articles](#)

Cooking A Prime Rib

The average bovine has 13 ribs. Some younger ones have only 12 but most mature ones have 13 so I am referring to them when I

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say that a prime rib roast comprises 7 ribs, starting from the 7th rib at the shoulder and continuing back to the 13th rib at the loin, part of which is the most tender part of meat on the animal.

The reason the loin is so tender is because it is a muscle that is rarely used. The most heavily used and strongest muscles are the toughest cuts of meat.

The prime rib is the piece of meat that rib-eye steaks and rib steaks are cut from. A normal, full 7 rib roast will yield 14 rib-eyes or 7 rib-eyes and 7 rib steaks. The only difference between a rib steak and a rib-eye steak is that the rib-eye does not have the rib bone attached as the rib steak does. When you remove the bone you have a rib-eye.

Many butchers will call a rib steak a bone-in rib-eye. Nevertheless, the rib steak, although it is the exact same cut of meat, should always be cheaper per pound than the rib-eye because you are paying for bone, which obviously, you cannot eat, but many times they are the same price.

The tenderloin is the cut of meat that continues back from the end of the prime rib roast, or 13th rib, along either side of

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the back and is usually cut into three sections called the sirloin, tenderloin and top sirloin. The tenderloin is the most tender piece of meat on the entire animal and is what the filet mignon is cut from.

A full prime rib roast is a very expensive cut of meat, so it is important to know many things about buying, preparing and cooking one before you ever attempt to do one, because a ruined prime rib roast is a lot of money wasted.

Before cooking a prime rib you'll need to know how much (how many ribs) you will need to buy as per how many hungry people you are going to feed. You also need to figure an estimated cooking time and you need to know exactly what temperature it needs to be when you take it out of the oven.

The roast will continue to rise 10 degrees in temperature during the resting period. The resting period is usually 20 to 30 minutes and that allows the juices to re-settle into the meat. If you carve a roast without letting it rest, you will lose a lot of juices and your roast will be dry.

So, since the roast will continue to rise in temperature, you will need to take it out of the oven 10 degrees before it

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reaches your desired temperature for the perfect doneness, whether you want it rare, medium rare, medium, medium well and well done.

To learn everything you need to know to about preparing and cooking a prime rib, and get the best recipe for prime rib visit our website. There is a chart for estimating cooking time and a chart that shows exactly what temperature it needs to reach to be done the way you want it. Our website is at <http://www.recipeforprimerib.com>

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