



# **The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise**

*Hillary Wright*

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**A practical, empowering guide to managing and reversing prediabetes through diet and exercise, from a registered dietitian.**

Affecting 79 million Americans, prediabetes often develops into full-blown type 2 diabetes, one of the leading causes of death in the United States. Increasingly diagnosed by doctors, prediabetes is a condition in which blood sugar levels are elevated, but not yet high enough to be labeled diabetes. While diabetes cannot be cured, prediabetes can be reversed, so it is critical to take action at an early stage. In straightforward, jargon-free language, *The Prediabetes Diet Plan* explains insulin resistance (the underlying cause of prediabetes and type 2 diabetes) and offers a comprehensive strategy of diet and lifestyle change, which has been proven more effective than medication. With sections on meal planning, grocery shopping, dining out, supplements, and exercise, this book empowers you to make healthier everyday choices that can effect real change on your insulin levels and overall well-being.

## **The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise Details**

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## **From Reader Review The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise for online ebook**

### **Beth says**

This book is great if you want to learn the science behind insulin resistance, glucose intolerance, etc. It did not do a good job providing recipes or exercise plans.

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### **Samantha Kovach says**

I was recently diagnosed with prediabetes and given that my mother has Type 2 diabetes, I was eager to find resources that would allow me to learn more about prediabetes and Type 2 diabetes. As well, I hope to reverse or delay the onset of Type 2 diabetes as long as possible. While my doctor discussed dietary and exercise changes I should make, I really needed more guidance and definitely wanted to understand much more about insulin resistance. I am now reading through this book again and have found it to be incredibly thorough, based in medical research, and encouraging. This book does not suggest a specific diet but gives dietary guidelines, including detailed information about different ways in which to monitor carbohydrate intake. As well, this book does not detail a specific exercise plan but does give ample suggestions for ways in which to exercise and explains the importance of an exercise plan for those with prediabetes. Since weight loss is a very important part of my doctor's recommendation for me, I have found this book to be very encouraging and helpful in my weight loss journey. Overall, I highly recommend this book for anybody wanting to learn more about prediabetes and what he or she can do to reverse the condition and live a healthier life.

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### **Louis says**

I'd have given five stars except I did know a lot already. Still I learned a few things.

If, like me, they are about to hang the label "diabetes" on you, this is a valuable source of information. I think I added at least five new bookmarks in my internet browser.

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### **Korie Brown says**

I re-read this every year. I always see new things. I need more exercise!

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### **Patty says**

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Very helpful, comprehensive and easy to follow. Includes a good compilation of resources both in print and online.

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### **Christie Litchfield says**

Straight forward advice with enough science to back ideas, but not so much science to overwhelm the reader. Food plans included with reasonable ideas.

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### **Michael says**

I began this book after being diagnosed (barely) pre-diabetic last year. I was able to reverse those numbers pretty well on my own, but I found this book helpful nonetheless, and kept going through it to figure out long-term lifestyle changes. It is much more realistic than the other diet book that was recommended to me, the Always Hungry?: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently diet. This one talks about planning your meals, serving sizes, and what amount of space on your plate to use for different “choices” (vegetables, proteins, carbs), but also gives very detailed information on counting carbohydrates (and other factors), if that’s more in your nature. The one place that I found Dr. Ludwig was a useful counter-balance to this is in terms of his criticisms of “low-fat” approaches to dieting, which Wright still seems to believe in, as well as calorie counting.

Unlike Ludwig, however, Wright doesn’t advocate for an overnight reversal of bad habits, nor sticking to an inflexible and time-consuming diet plan. She talks about making gradual change, based on careful tracking, and about being forgiving with yourself. She also makes an interesting use of the 80/20 rule: “I care about what my patients do 80 percent of the time, is that tends to reflect their routines and habits. It also leaves room for some special treats and ‘out of the ordinary’ food experience.” A great tool for this, also recommended, is a “food journal” that will help you be realistic about what is happening 80% of the time (do I just have one extra beer every four nights before bed, or four out of five nights? How much does this skew my numbers?). This is a much more realistic diet book than most, and it should help many people to achieve a healthier life.

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### **Astrid says**

2.5. Really nothing new, just common sense stuff. I would have expected there to be a few recipes at least, but there were just detailed diet plans. Exercise and eat your veggies and whole grains. Didn't learn anything new. The Joel Fuhrman books are better, but I guess this one is fine for the average person who likes their meat.

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### **Lexi Zuo says**

Super good common sense nutrition and exercise advice!! Pretty much everything matched up with what my dietician advised during my GD pregnancy. I also loved how encouraging Dr. Wright was throughout. Definitely recommend!!

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### **Lee Miller says**

Solid information, interesting, with meal plans that seem rather uninspired. I'll probably reread the opening chapters. If you have to pick only one book, Mark Hyman's books are probably better.

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### **Amee.21 says**

I have taken this book out of my library more than 5 times in the hopes of actually getting to p.2

The written foreword mentioned that everyone will love this book because it actually feels like she's talking to you. I have 2 of the 3 things she is talking about and she has taken a simple sentence and spread it across an entire page, so it seems to me. It's repetitive and the same sentence will continuously point out pre/ins-re, etc. I was under the impression that if you started talking about it I was beyond my kg years to know what she's still referring to.

I don't do bad reviews. I always find something positive to say. Since I keep hearing that this book is a good, I shall attempt again to move beyond....let's see... aha, p. 7 (2nd page of chapter 1 and I skimmed through the beginning. I am Sorry but it had a lot of repetitive parts.)

So wish me luck as I move onward and forward on this weird windy day @ 3am to persevere and conquer this very book that I just began reading again. It's called The Pre-Diabetes Diet Plan by Hillary Wright. My enchanting unfinished review is above of previous book.

\*You see? It's like sinking through quicksand without a choice vs. any mode of modern transportation in proper working order and no run ins with any criminals or perverted sort of humans. Absolutely no contest.

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### **CB says**

I felt this book is a good resource in diet plans and common sense approaches to leading a healthier life. I found the material well documented and easy to follow.

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