



Everyday Cooking for the Diabetic Diet: Expert Advice About Managing Diabetes, with a Full Guide to Healthy Living and Over 80 Delicious Recipes

By Bridget Jones

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Everyday Cooking for the Diabetic Diet: Expert Advice About Managing Diabetes, with a Full Guide to Healthy Living and Over 80 Delicious Recipes, Bridget Jones, This title features expert advice about managing diabetes, with a full guide to healthy living and over 80 delicious recipes. It is a guide to living with diabetes, with helpful advice on managing the condition, alleviating the symptoms, controlling weight and reducing medication. It includes 80 recipes to inspire the diabetic cook, with tempting meals that can be enjoyed with family and friends, such as Wild Mushroom and Fontina Tarts, Grilled Mackerel with Dahl, and Baked Ricotta Cakes with Red Fruits. It brings together the latest thinking on dietary and lifestyle advice to help explain the condition, provide guidelines on what and when to eat, and how to tailor food intake to individual requirements. It covers full nutritional notes, including glycemic load, are supplied for every recipe, with over 400 photographs, including step-by-step sequences for every dish. This authoritative, practical recipe book begins with a detailed introduction on living with diabetes, the necessity of weight control and the importance of exercise. Carbohydrate counting, fat reduction, cholesterol control...



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Reviews

Comprehensive manual! Its this sort of excellent read through. We have read through and i also am certain that i will going to read through once more again later on. You wont sense monotony at at any time of your time (that's what catalogs are for regarding in the event you question me).

-- **Prof. Geraldine Monahan**

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-- **Jessy Collier**

Relevant Books



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....