



Recipes for Diabetics (Rev) (Paperback)

By Billie Little

Bantam Doubleday Dell Publishing Group Inc, United States, 2004. Paperback. Book Condition: New. Revised edition. 171 x 114 mm. Language: English . Brand New Book. The essential cookbook for people with diabetes Over 350,000 copies sold Delicious, easy-to-make, and healthful recipes for people who have to watch what they eat If you or someone in your family has diabetes, here's the end of monotonous mealtimes and being ruled by what not to eat. This classic cookbook, fully revised and updated, helps you plan meals the whole family will enjoy. From easy favorites to extravagant treats, Recipes for Diabetics offers low-calorie, low-fat dishes, so you don't have to worry about going off your diet. This indispensable resource includes: ? The newest exchange lists from the American Diabetes Association and the American Dietetic Association ? Daily menus ? More than 300 recipes for soups, salads, appetizers, entrées, breads, desserts, and drinks ? Recommended Daily Allowance chart for essential nutrients ? Exchange-group breakdowns and calorie counts for measuring individual servings ? Guides for using nutrition labeling to compute exchanges ? Dining-out tips, and much more You don't have to choose between good food and good health. You can have both.



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