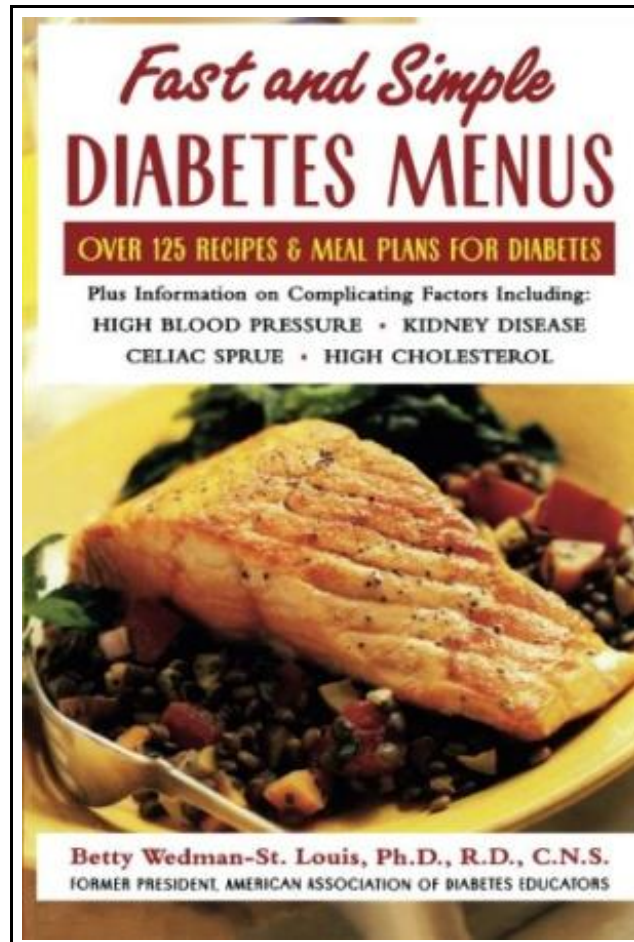


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McGraw-Hill Education - Europe, United States, 2004. Paperback. Book Condition: New. 223 x 145 mm. Language: English . Brand New Book ***** Print on Demand *****.This title includes 125 mouthwatering recipes to simplify your meal planning for diabetes control! Keeping a diet that meets the strict nutritional requirements of diabetes can be difficult and time-consuming, but it is a critical part in maintaining a healthy lifestyle. You need meals that you can prepare quickly with little fuss and even less guesswork. Fast and Simple Diabetes Menus eliminates the frustration and confusion associated with diabetes meal planning by featuring 125 delicious recipes, including nutritional information and food exchanges, that will help you manage diabetes. Leading diabetes nutrition educator Betty Wedman-St. Louis offers you her expert advice and wealth of knowledge on cooking for a diabetes-friendly diet. In this easy-to-use cookbook, you will find that eating healthy doesn't mean eating boring, bland food. Her palate-pleasing, healthy recipes are based on the latest guidelines and research and include everything from breads, cakes, and muffins to meat, poultry, and fish to soups, salads, and vegetarian delights. She also includes information on complicating factors such as high blood pressure, high cholesterol, kidney disease, and celiac sprue. Dr. Wedman-St. Louis even plans a month's worth of meals, so all you have to do is buy groceries and cook - no guesswork on your part! Using her recipes, you can enjoy: Crispy Thyme Chicken; Fresh-Vegetable Lasagna; Pine-Nut-Stuffed Lamb Chops; Pineapple Rice; Avocado and Potato Salad; Savory Garlic Shrimp; German Chocolate Cake; Lemon Yogurt Bars; Fruit smoothies; And more.



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