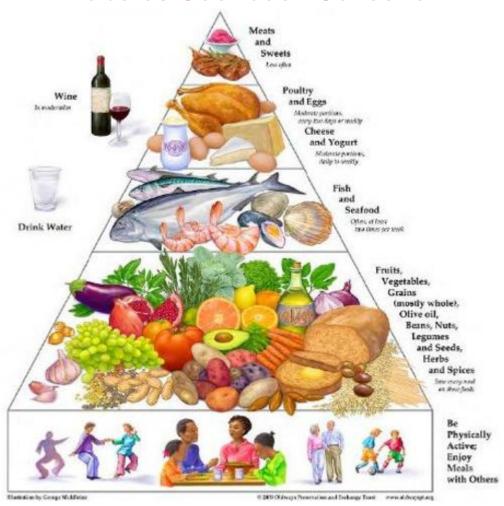
Diabetes Cookbook Collection



DOWNLOAD HERE

DIABETES COOKBOOK COLLECTION OVER 1100 PAGES! The fun and easy way to eat a well-balanced diabetic diet Want to create healthy meals that are diabetic friendly? This revised and updated third edition of Diabetes Cookbook For Dummies shows you how easy it can be to manage diabetes through diet, including the latest information on diabetes testing, monitoring, and maintenance, as well as delicious new recipes and nutritional information. This edition also includes a new section that focuses on vegetarian dishes and a new chapter on encouraging a Type 1 diabetic child to eat properly. Features changes in fat, carbohydrate and protein recommendations that parallel the recommendations of the American Diabetes Association regarding meal plans Includes new ideas about restaurant eating, including new menu items at fast food locations as well as revised tips on food shopping and setting up the diabetic kitchen Offers 400+ new and revised diabetic recipes

DOWNLOAD HERE

Similar manuals: