

Diabetes And Heart Healthy Cookbook - , American Heart Association

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One-of-a-kind heart-healthy cookbook created especially for people with diabetes Diabetes puts people at a very high risk of having a heart attack or stroke. To address this problem, the American Heart Association and the American Diabetes Association have written a heart-healthy cookbook for people with diabetes. It's truly a one-of-a-kind cookbook packed with delicious recipes people will truly enjoy! Every recipe is low fat and lower in carbohydrates--and tastes great. Recipes include everything from appetizers and breakfasts to dinners and desserts. With cardiovascular disease ranking number one on the list of diabetes-related complications, this is the must-have cookbook for anyone who wants to pump up his or her heart health! And it's great for people who don't have diabetes, too. Delicious yet nutritious recipes include: Loaded Baked Potato Soup Deep South Shrimp Gumbo Swedish Meatballs Devil's Food Cupcakes Angel Food Trifle And many more Author: American Diabetes Association Author: Association, American Heart Publisher: American Diabetes Association Illustration: N Language: ENG Title: Diabetes and Heart Healthy Cookbook Pages: 00244 (Encrypted EPUB) On Sale: 2012-11-30 SKU-13/ISBN: 9781580401807 Category: Cooking : Health & Healing - Diabetic & Sugar Free Category: Health & Fitness : Diseases - Diabetes

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