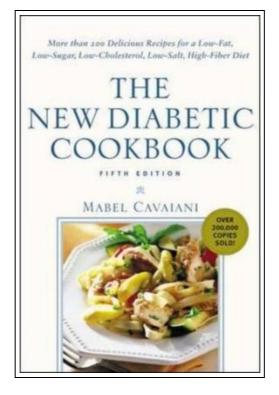
The New Diabetic Cookbook: More Than 200 Delicious Recipes for a Low-Fat, Low-Sugar, Low-Cholesterol, Low-Salt, High-Fiber Diet (Paperback)



Filesize: 3.77 MB

Reviews

A must buy book if you need to adding benefit. This is for anyone who statte that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think. (Adrien Robel)

THE NEW DIABETIC COOKBOOK: MORE THAN 200 DELICIOUS RECIPES FOR A LOW-FAT, LOW-SUGAR, LOW-CHOLESTEROL, LOW-SALT, HIGH-FIBER DIET (PAPERBACK)



McGraw-Hill Education - Europe, United States, 2002. Paperback. Condition: New. 5th edition. Language: English . Brand New Book. A welcome addition to the kitchen library of anyone interested in healthy eating. - Journal of the American Dietetic Association . Having diabetes doesn t mean having to say good-bye to tasty meals and hello to a lifetime of eating bland food. The New Diabetic Cookbook is full of delicious recipes that are tailored to your special nutritional needs. These time-tested recipes are full of fiber and low in cholesterol, salt, sugar, and saturated fat, yet not short on taste. This fifth edition has been updated with the most recent food exchange lists from the American Diabetes Association, greatly expanded nutrition tables, and concise information on saturated fat, fiber, and cholesterol. The New Diabetic Cookbook also provides tips on meal planning, canning, and freezing. Bestselling author Mabel Cavaiani has added a new chapter explaining how you can prepare your own mixes for a quick, healthy batch of cupcakes, cookies, cakes, or bread, all safe for a diabetic diet. With all of its tasty recipes and invaluable information, The New Diabetic Cookbook is a must-have for your kitchen library.

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