



## **New Diabetic Cookbook: Delicious recipes for the whole family (Better Homes & Gardens)**

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# New Diabetic Cookbook: Delicious recipes for the whole family (Better Homes & Gardens)

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At last—a cookbook for people with diabetes that allows them to prepare and share delicious, as-good-as-it-gets meals with their families. Guaranteed nutrition and inspired taste from America's number one publisher of cookbooks.

150 recipes designed for diabetics and tasty enough for everyone in their families.

Diabetics will take pleasure in flavorful, imaginative, and healthful meals.

Comprehensive, in-depth section discusses all aspects of managing diabetes—from the basics to healthful food selection and meal planning, as well as the importance of physical activity.

Includes complete list of food exchanges.

Every recipe includes nutrition facts and exchanges based on the American Diabetes Association's exchange system.

More than 50 enticing, full-color photographs to inspire cooks.

Menus to help in meal planning.

Tasty recipes use familiar ingredients.

Edited by a registered dietitian in consultation with health professionals and other food professionals.

List of resources to contact for additional help with diabetes.

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