



The Simply Gourmet Diabetes Cookbook: Easy, Healthy Recipes and Menus for People with Diabetes and Those Who Love Them

Mary Donkersloot

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Possibilities, Not Restrictions!

There is good news for people with diabetes. Eating wonderful meals can be a part of a healthy lifestyle, and Mary Donkersloot, R.D., serves up hundreds of tempting recipes that will satisfy everyone in the family. Featuring the new Carbohydrate Counting System, **The Simply Gourmet Diabetes Cookbook** is filled with easy, irresistible recipes and indispensable information for living a deliciously healthful life.

Following the thorough discussion of living well with diabetes are hundreds of recipes in chapters such as "Breakfast and Brunch," "Appetizers and Small Meals," "Poultry," "Sandwiches and Tortilla Stuffers," and "Desserts." Who can resist Bruschetta with Roasted Red Pepper-Eggplant Spread, Seafood Paella, Roast Loin of Pork with Garlic, or Espresso Angel Food Cake with Chocolate? And each of these tempting recipes is accompanied by a complete nutritional analysis, including exchanges.

Also featuring:

A week's worth of menus

Tips on shopping and reading nutritional labels

Advice on traveling and eating in restaurants

Special information for children with diabetes

Meal-planning guidance

The scoop about fats and cholesterol

Guidelines for exercise and weight management

Information on how different foods affect blood glucose levels

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Tom Salgado:

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