



Complete Diabetic Cookbook: Healthy, Delicious Recipes the Whole Family Can Enjoy

Karin Cadwell, Mary Jane Finsand, Edith White

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For the millions of Americans living with diabetes, the *Complete Diabetic Cookbook* offers 2,000 low-sugar, high-flavor recipes, including over 1,000 desserts, that everyone in the family will love.

For a diabetic, dietary restrictions are a constant challenge. Author Mary Jane Finsand had been cooking two meals every night -- one for her family and one for a special meal for her diabetic husband -- when she decided there had to be a better solution. She began adapting her favorite recipes for a diabetic diet, and the result is this extraordinarily comprehensive cookbook of more than 2,000 recipes for every type of food imaginable.

The 2,000 recipes—which range from Hungarian Goulash to Cheese Lasagna to Chocolate Almond Tart and Butterscotch Brownies—are healthy, high in fiber, and low in cholesterol, as well as being easy to prepare. Every recipe is accompanied by the exchange list values from the American Diabetes Association and the American Dietetic Association, meticulously calculated to be accurate for the diabetic. Additional nutritional values are also included, such as calories, fat, carbohydrates, protein, sodium, and cholesterol.

Perfect for the whole family!

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Carmela Martin:

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June Ortiz:

This Complete Diabetic Cookbook: Healthy, Delicious Recipes the Whole Family Can Enjoy is great book for you because the content that is certainly full of information for you who else always deal with world and possess to make decision every minute. This book reveal it details accurately using great plan word or we can claim no rambling sentences within it. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but tough core information with attractive delivering sentences. Having Complete Diabetic Cookbook: Healthy, Delicious Recipes the Whole Family Can Enjoy in your hand like obtaining the world in your arm, data in it is not ridiculous just one. We can say that no publication that offer you world in ten or fifteen tiny right but this guide already do that. So , this is good reading book. Hey there Mr. and Mrs. hectic do you still doubt in which?

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