



The Diabetes-Friendly Kitchen: 125 Recipes for Creating Healthy Meals

The Culinary Institute of America, Jennifer Stack MS RD CDE

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A delectable collection of delicious diabetes-friendly recipes from the experts at The Culinary Institute of America

While most diabetes cookbooks are just collections of basic and boring recipes that merely get the job done, this new cookbook takes cooking for diabetes to new and delicious heights. With high-quality, wholesome ingredients and chef-inspired cooking techniques, these satisfying recipes meet the needs of diabetics without giving up flavor or fun.

Though managing blood glucose levels requires giving up some ingredients, even the most discerning foodie will love these delicious recipes. Written by the CIA's top nutrition and diabetes expert, the book offers more than just recipes—it also features nutritional guidelines, healthy cooking techniques, and smart lifestyle choices.

- Features 125 recipes, including appetizers, sides, soups, salads, entrées, breads, and desserts
- Written by Jennifer Stack, Registered Dietitian and Certified Diabetes Educator, with recipes that live up to the standard of excellence for which the CIA is known
- Includes full nutritional information for all recipes, giving home cooks all the facts they need for meal planning and glucose control

For too long, people with diabetes or pre-diabetes have had to give up some of their favorite foods and flavors for meals that meet their dietary needs. With this fantastic resource from the CIA, they'll never suffer dull meals again.

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