



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

Mary Donkersloot

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There is good news out there 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 Everyday Gourmet Diabetes Cookbook is filled with easy, irresistible recipes and indispensable information for living a deliciously healthful life.

Part One, "New Basics: Smart Moves for Managing Diabetes," provides a thorough explanation of the Carbohydrate Counting System, along with vital information about meal planning, exercise and weight management, raising children with diabetes, and how different foods affect your blood glucose levels.

Part Two, "The Recipes," provides hundreds of recipes for Breakfast and Brunch; Appetizers and Small Meals; Soups; Salads; Salad Dressings, Sauces, and Marinades; Fish; Poultry; Lean Meats; Pasta and Pizza; Sandwiches and Tortilla Stuffers; Main Dishes with Beans; Small Dishes Featuring Vegetables; Small Dishes Featuring Grains and Starchy Vegetables; and Desserts; and every recipe is accompanied by a complete nutritional analysis, including exchanges.

The end of the book has complete exchange lists, tips on reading food labels, mail-order sources, and resources.

For the millions of people with diabetes, **The Everyday Gourmet Diabetes Cookbook** is the most up to date, appealing, and easy-to-use cookbook available today.

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