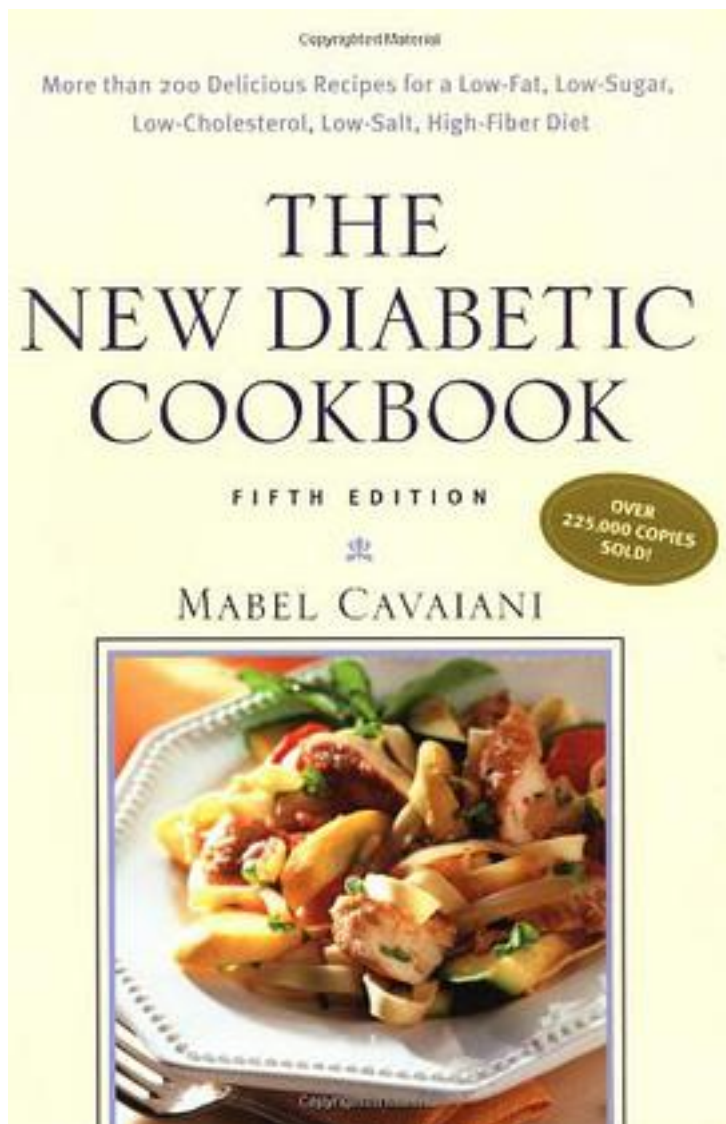


The New Diabetic Cookbook



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著者:Cavaiani, Mabel

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"A welcome addition to the kitchen library of anyone interested in healthy eating." - "Journal of the American Dietetic Association". Having diabetes doesn't mean having to say good-bye to tasty meals and hello to a lifetime of eating bland food. "The New Diabetic Cookbook" is full of delicious recipes that are tailored to your special nutritional needs. These time-tested recipes are full of fiber and low in cholesterol, salt, sugar, and saturated fat, yet not short on taste. This fifth edition has been updated with the most recent food exchange lists from the American Diabetes Association, greatly expanded nutrition tables, and concise information on saturated fat, fiber, and cholesterol. "The New Diabetic Cookbook" also provides tips on meal planning, canning, and freezing. Bestselling author Mabel Cavaiani has added a new chapter explaining how you can prepare your own mixes for a quick, healthy batch of cupcakes, cookies, cakes, or bread, all safe for a diabetic diet. With all of its tasty recipes and invaluable information, "The New Diabetic Cookbook" is a must-have for your kitchen library.

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