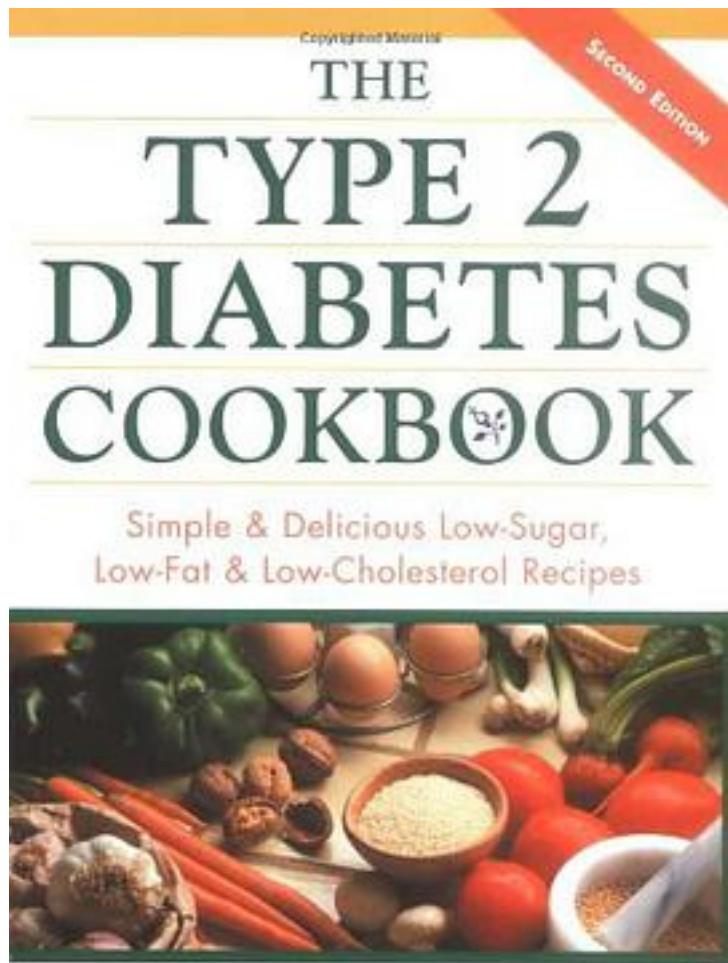


# The Type 2 Diabetes Cookbook



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著者:Lois Sonera

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This title offers wholesome and customized recipes with easily obtained ingredients that are simple, practical, healthy, and delicious. Sonera dispels the dietary myths about diabetes and includes recipe modifications for such forbidden foods as desserts, casseroles, appetizers, and snacks that are low in sugar, fat, and cholesterol and don't compromise flavor. "The Type 2 Diabetes Cookbook" contains updated nutritional information and recipes that can be the beginning to a healthier and happier lifestyle.

作者介绍:

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