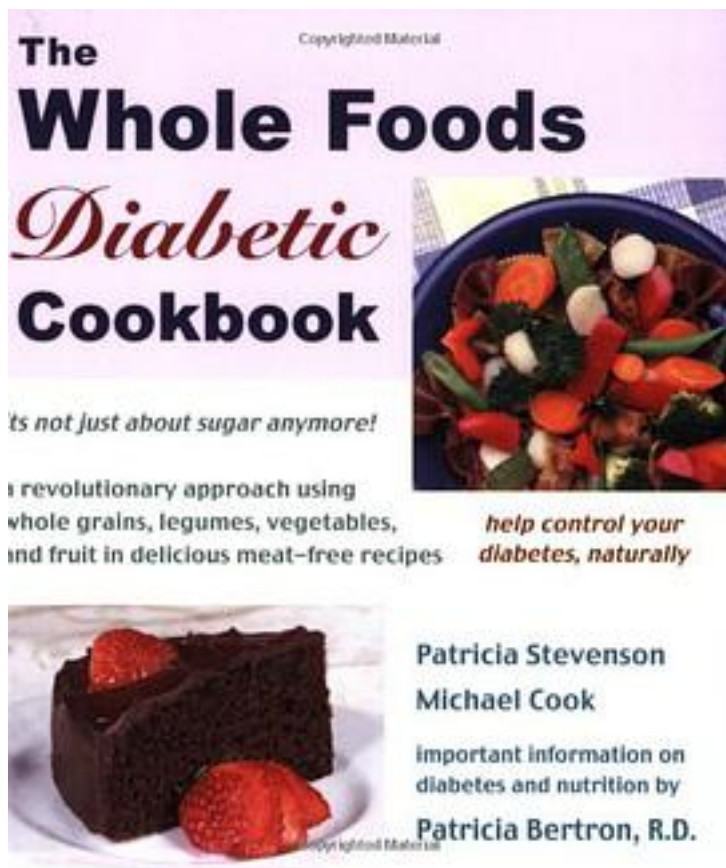


# The Whole Foods Diabetic Cookbook



[The Whole Foods Diabetic Cookbook\\_下载链接1\\_](#)

著者:Bertron, Patricia/ Leshane, Patricia/ Cook, Michael/ Stevenson, Patricia

出版者:Book Pub Co

出版时间:2002-3

装帧:Pap

isbn:9781570671296

There are an estimated 16 million people with diabetes in the United States, almost 6% of the population. If you have diabetes, following a vegetarian diet can provide you with many health advantages which may reduce the risk of developing complications of diabetes later in life. This new edition is full of up-to-date nutritional information, including: health benefits of a vegetarian diet, achieving and maintaining a healthy

weight, exercise, dealing with stress, meeting nutrient needs, cooking, shopping tips, menu planning, and more. These new and updated recipes are both delicious and healthful.

作者介绍:

目录:

[The Whole Foods Diabetic Cookbook\\_ 下载链接1\\_](#)

标签

评论

-----  
[The Whole Foods Diabetic Cookbook\\_ 下载链接1\\_](#)

书评

-----  
[The Whole Foods Diabetic Cookbook\\_ 下载链接1\\_](#)