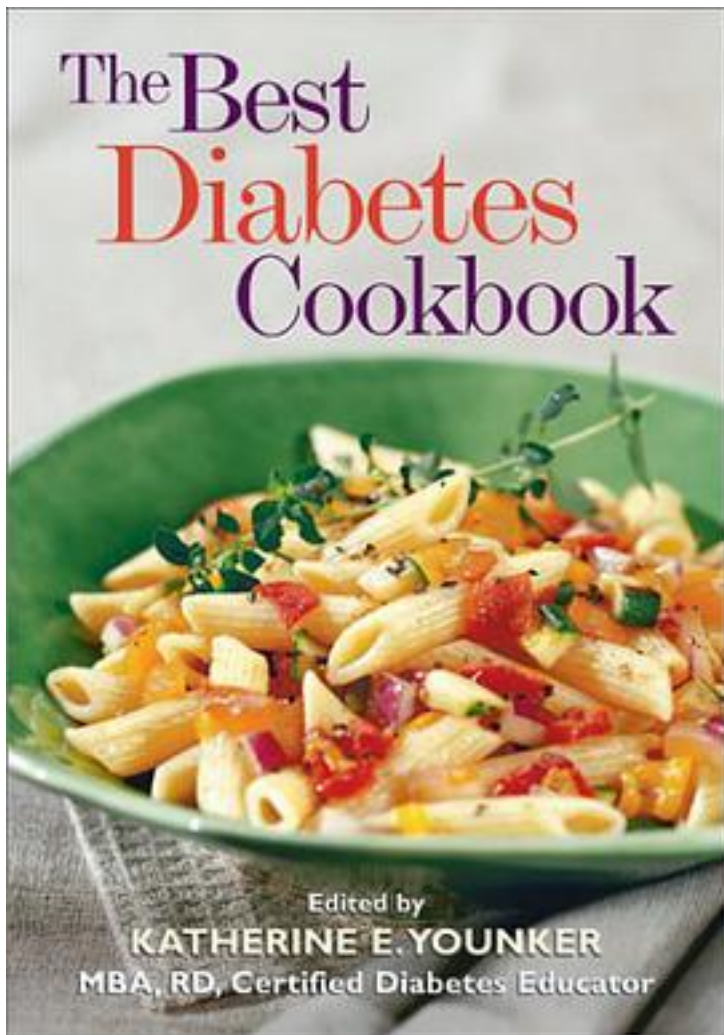


# The Best Diabetes Cookbook



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Millions of us live with diabetes. Diet and lack of exercise are contributors to

developing the disease. Adopting a healthy lifestyle can greatly lower the risk of developing diabetes. If you have been diagnosed with diabetes, careful meal planning is the key to managing the disease. This book makes healthy cooking and eating a breeze - and that is a major step in taking control of diabetes. Here you will find 150 interesting recipes for tasty dishes that can be easily incorporated into meal plans. It offers everything from appetisers to family meals, food for entertaining and delicious desserts that everyone can enjoy, whether they are affected by diabetes or not. Managing diabetes does not mean you have to eat uninteresting food for the rest of your life. You can create wonderful flavours that tie in with your food plan. Imperial and metric measurements throughout, side by side. Robert Rose is a subsidiary imprint of Firefly Books Ltd, specialising in cookery and health titles.

作者介绍:

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