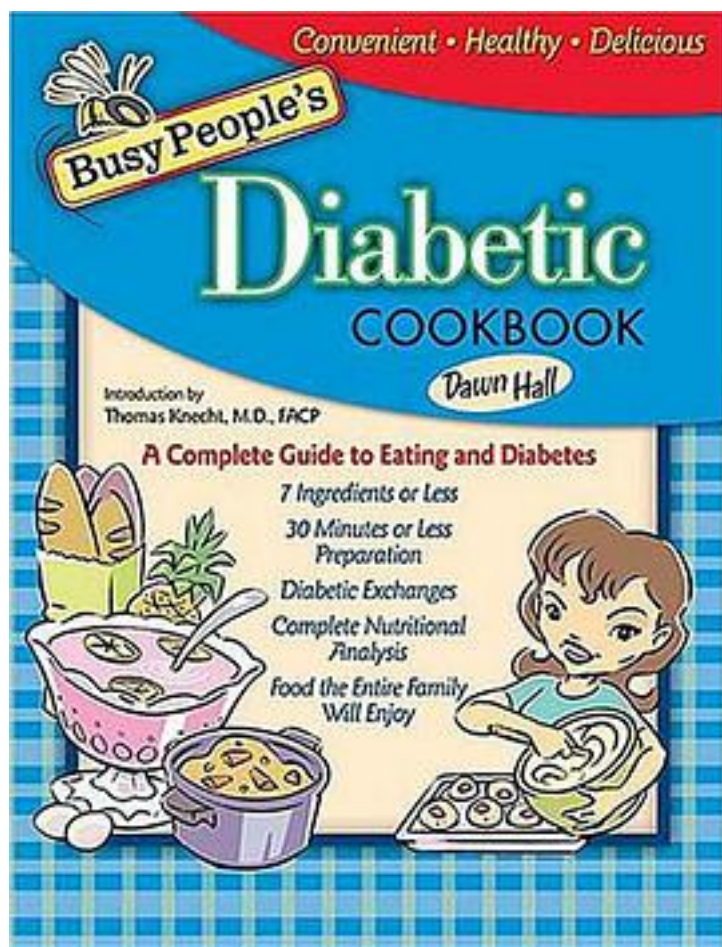


Busy People's Diabetic Cookbook



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Busy People's Diabetic Cookbook is the answer for everyone who wants to eat healthier without sacrificing what is most important to them - delicious flavor. These recipes are not just for those people with diabetes, but everyone in the family can

enjoy these healthy and well-balanced recipes. Diabetes is becoming a national epidemic. The number of new cases diagnosed increased by 25% from 878,000 in 1997 to 1,104,000 in 2,000. Today 18.2 million people in the U.S. - 6.3% of the population - have diabetes. Shockingly, adult onset diabetes is now being diagnosed in children. Sometimes when one member of a family is diagnosed with diabetes, two meals are made - one for the person with diabetes and one for everyone else. What's terrific about this book is that you would never know by tasting these recipes that they are all within American Diabetic Association's guidelines. They are that good, that delicious, and that amazing

作者介绍:

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