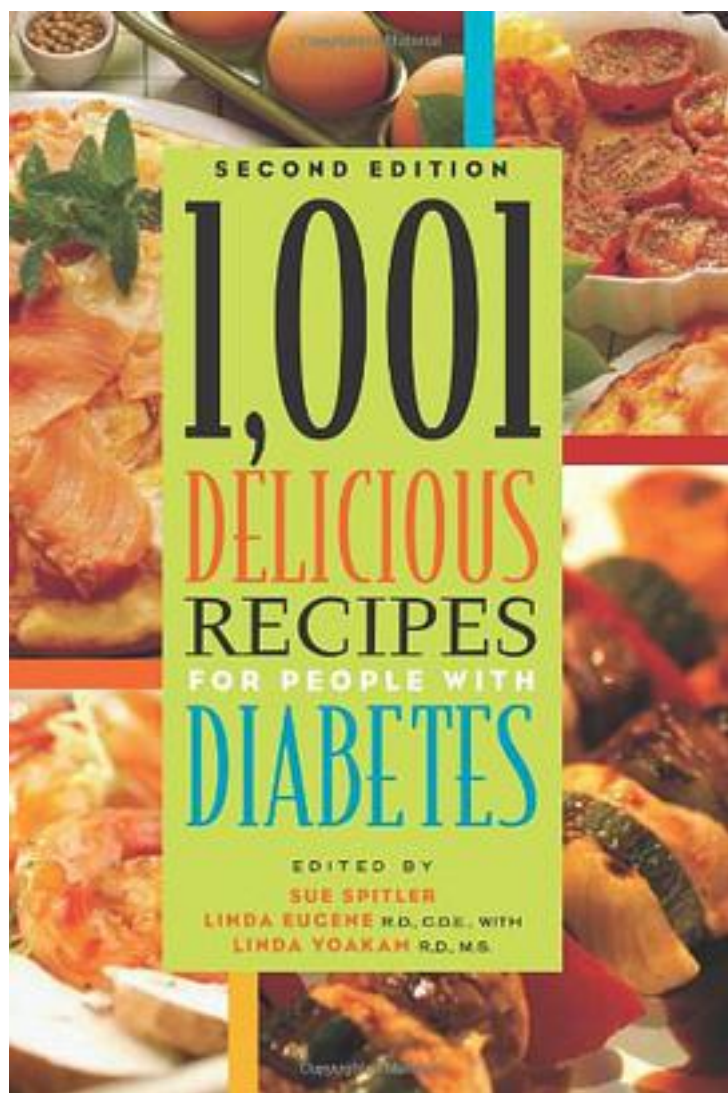


1,001 Delicious Recipes for People with Diabetes



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Anyone with diabetes knows how important it is to eat well, but healthful food need not be dull, nor does reducing fat and calories have to mean giving up flavor. Why feel deprived when you could start the day with blueberry pancakes with blueberry maple syrup? Company coming? Everyone will enjoy a savory chutney cheese spread or queso fundito followed by pork tenderloin with gremolata. For an easy weeknight dinner, try lasagna casserole or pizza with caramelized onions and smoked turkey. Want to indulge a sweet tooth? Lemon cloud pie or white chocolate cheesecake will satisfy. The recipes in this massive book draw on the latest diabetes recommendations and make the best use of the new lower-fat ingredients available today. Each recipe is accompanied by a nutritional analysis and the most current diabetes exchange information, and the book includes timely information on exercise, carbohydrate counting, and food-exchange lists.

作者介绍:

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