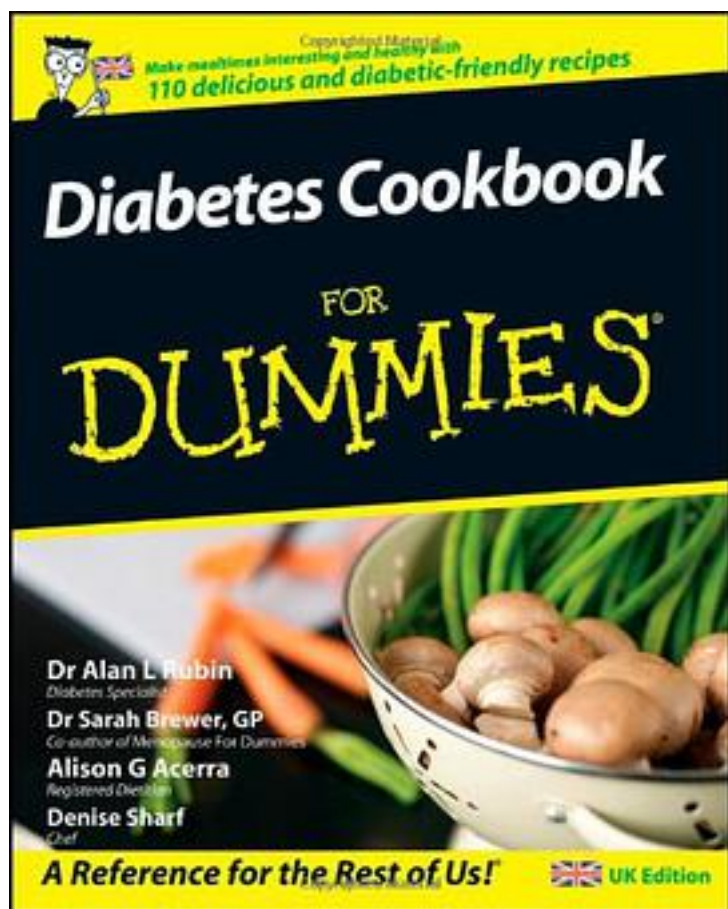


糖尿病食谱指南 Diabetes Cookbook For Dummies



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在线阅读本书

Millions of people worldwide live with the word "diabetes" as a part of their daily routines. One of the major weapons in a person's lifelong battle against complications

of the disease is the ability to choose. You can choose to exercise every day. You can choose to take your medications. Perhaps your most effective resource is your skill at making the right food choices. The consequences of following the right diet are immediate and enormous. The Diabetes Cookbook For Dummies is both a cookbook that shows you how to prepare good-for-you, good-tasting foods in your own home and a guide to eating out in restaurants and fast-food places. With this invaluable resource, you also can load up on information on Getting real with a healthy lifestyle Shopping with a meal plan in mind Deciphering mysterious food labels Getting to the meat of menu matters Deserting a ban on desserts Knowing all about restaurant fare Setting a good example for the young ones Sixteen pages of colorful cuisine complement more than 100 imaginative and appetizing recipes in this inspiring reference, a book that brings you the good word– and delicious dishes– from great chefs and respected dieticians. Author Dr. Alan Rubin, a leading expert in diabetes treatment, shares his pioneering spirit about the disease that doesn't have to be disabling. With the Diabetes Cookbook For Dummies, you can discover the place of diet in a complete program of diabetes care. --This text refers to an out of print or unavailable edition of this title.

作者介绍:

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