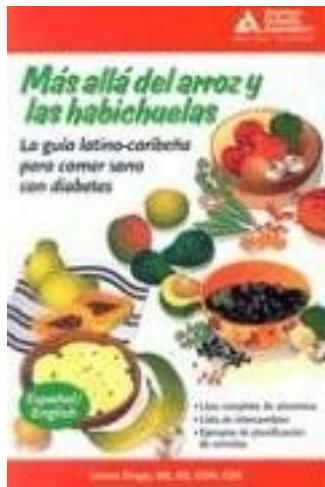


Beyond Beans & Rice



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Included are a Latin American food dictionary, advice on handling holiday meals, and how to decipher Spanish food labels. More than 10 percent of Latin Americans suffer from diabetes, yet when it comes to effectively developing meal plans that fit the savory tastes and favorite foods of Latin American cultures, diabetes educators and people who suffer from diabetes have been at a loss until now. Written in Spanish and English, it features new food pyramids and menu plans specifically designed for the Latin American palate from all over the Caribbean. "Beyond Beans and Rice" is a long-awaited resource for dietitians and people who want to manage their diabetes but don't want to sacrifice the mainstay of their cultural identity. Whether it's paella or carne guisada, this pioneering book shows Latin Americans with diabetes how they can easily design meal plans that fit into a healthy lifestyle without giving up taste or familiar staples.

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