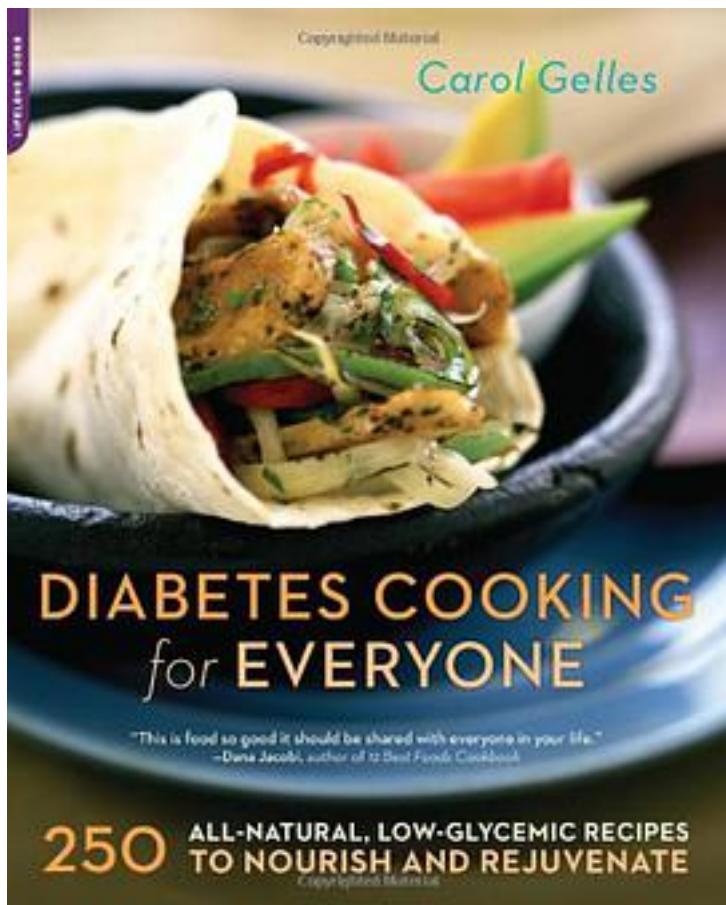


Diabetes Cooking for Everyone



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Recipes designed for everyone with diabetes (including those who may have developed complications or special dietary needs) and everyone with whom they eat each day. An award-winning cookbook author, professionally trained nutritionist, and type 2 diabetic, Carol Gelles combines gourmet flair with cutting-edge dietary

knowledge in this essential, all-in-one diabetes cookbook. All 250 of the recipes in *Diabetes Cooking for Everyone* accommodate the dietary restrictions that accompany common diabetes complications by providing recipe variations for reducing fat and saturated fat, cholesterol, sodium, protein, or carbohydrates. Plus, each recipe has a GI rating for optimal nutrition and a list of diabetic exchanges to facilitate meal planning. These truly delicious yet easy-to-make dishes address the health needs of everyone with diabetes and nourish the entire family, too.

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