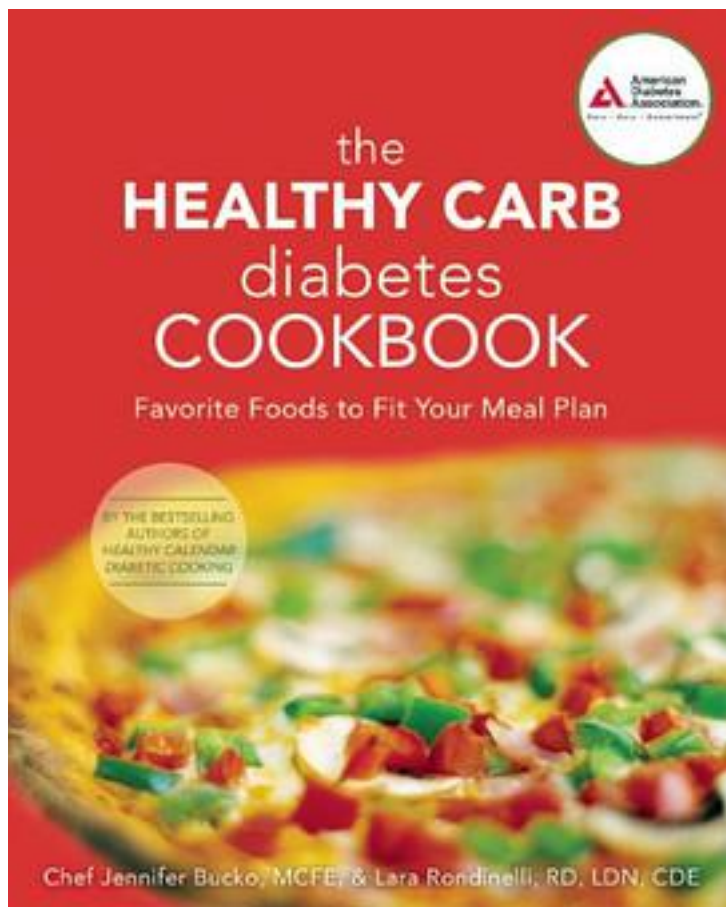


The Healthy Carb Diabetes Cookbook



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Bestselling authors are back to show the healthy way to fit carbs into diabetic cooking. Everyone is tired of hearing about carbohydrates--but carbs are important for people with diabetes like you. Not only do you have to count the carbs you're eating, you have to make sure you're getting the right kinds of carbs. "The Healthy Carb Diabetes

Cookbook" is the answer. This unique cookbook with over 150 recipes shows you how to fit more fruits, vegetables, and whole grains into you diet without added fuss. Now you don't have to worry about healthy carbs--or great taste--ever again Common fruits, vegetables, and whole grains--no weird ingredients that can only be found in specialty stores

作者介绍:

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