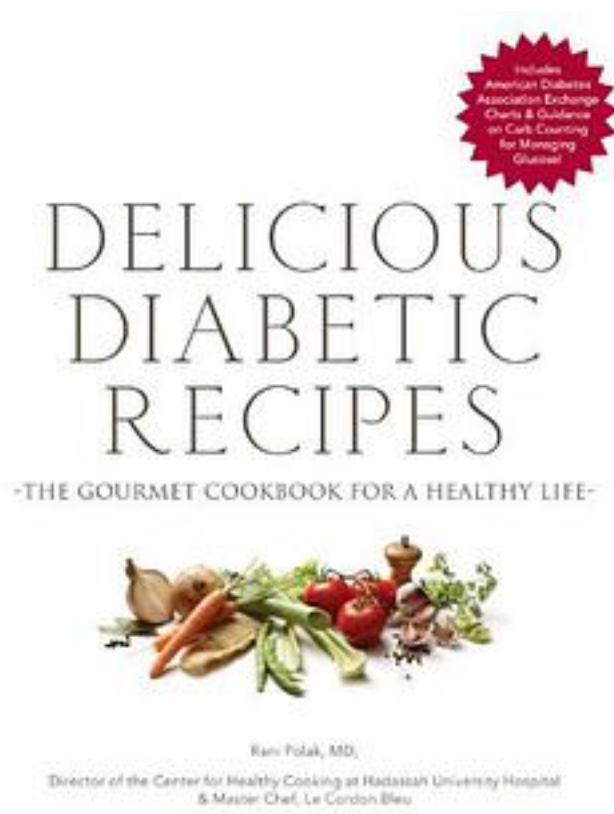


Delicious Diabetic Recipes



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Meet Rani Polak: a unique combination of medical doctor and Le Cordon Bleu Master Chef. More and more people--even very young children--are being diagnosed with diabetes. Fortunately there's a solution: sufferers can live longer, healthier lives just by changing the way they eat--and that's surprisingly easy with ""Doctor Chef"" Rani Polak's groundbreaking cookbook. With these dishes, there's no compromising on

either taste or health. From Roast Sirloin with Mediterranean Mushroom Sauce to Fresh Melon Salad with Plum Granita and Mint, the whole family will happily dig in and no one will feel they are eating diet food. Stunningly illustrated and all in color, this is the one cookbook you'll want if you have a diabetic in the family. Bonus: Smart cooking techniques, advice on using spices, food suggestions for diabetic kids, complete family meals, and even tasty pastas and yummy desserts--so no one need ever feel deprived. Plus, this has the current American Diabetes Association Exchange Charts and the lowdown on carb counting--an important new way to manage blood glucose levels by watching the number of grams of carbohydrates in your diet, being careful about portion size, and balancing the carbs with protein and fat. These two methods, together, are the best way to stay on target.

作者介绍:

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