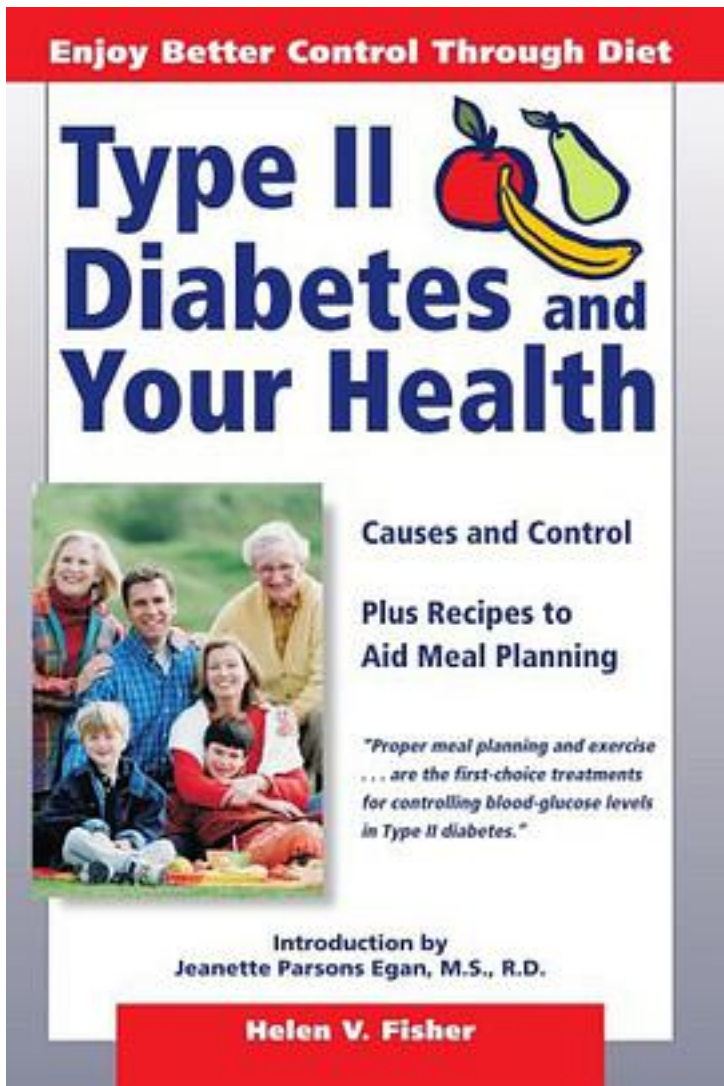


# Type II Diabetes & Your Health



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An essential book on Americas biggest health epidemic. For the millions of Americans diagnosed with Type II diabetes or a borderline diabetic condition, this practical guide to handling the disease includes more than sixty recipes that conform to the recommended diabetic diet. Diabetes is an epidemic, chronic condition in this country. Millions of people will be told by their doctors that they are borderline for developing the disease, which can be triggered in sensitive people by the wrong eating habits. This book can help reverse or control this condition. Extensive introduction by Jeanette Egan, a registered dietitian Favorful, nutritious and easy-to-make recipes that look good on the plate and taste even better, from breakfast to dinner to snack time How to help prevent the condition from developing and how best to help control the condition if it already exists Nutritional analyses for all recipes, including carbohydrate and fiber content

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