



Healthy Eating for Life to Prevent and Treat Diabetes

Physicians Committee for Responsible Medicine

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A simple new dietary approach to preventing and treating diabetes

You can help prevent and control diabetes through simple diet and lifestyle changes that are a pleasure to make instead of a chore. This book shows you how. Drawing on the latest diabetes research, *Healthy Eating for Life to Prevent and Treat Diabetes* presents a complete and sensible plant-based nutrition program that can help you prevent, manage, and, in certain cases, even reverse diabetes.

Covering Type 1 (childhood-onset), Type 2 (adult-onset), and gestational diabetes, this book provides detailed nutritional guidelines that have been carefully drafted by Physicians Committee diabetes experts, along with nearly 100 delicious, easy-to-make recipes to help you put these healthy eating principles to work right away. *Healthy Eating for Life to Prevent and Treat Diabetes* contains important information on:

- * Exercise and lifestyle issues
- * Achieving and maintaining healthy weight
- * Diabetes and pregnancy
- * Preventing complications from diabetes
- * And more

Whether you or a loved one has diabetes or is at risk of developing it, this book will give you the crucial knowledge you need to take charge now-of your diet, your health, and your life.

Also available:

Healthy Eating for Life to Prevent and Treat Cancer (0-471-43597-X)

Healthy Eating for Life for Children (0-471-43621-6)

Healthy Eating for Life for Women (0-471-43596-1)

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