



Delicious Ways to Control Diabetes Cookbook

Oxmoor House

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Food, like love, should always be a joyful experience. For far too many people with diabetes, food is a source of stress instead of a source of joy. There's no doubt that keeping blood glucose in the normal range will prevent complications. And food does play a big part in glucose control. We Want To Show You How Good That Food Can Be!

Rediscover the joy of good food with the "Delicious Ways to Control Diabetes Cookbook". You will see that you can eat tasty food and keep your blood glucose in control. You'll get:

Over 100 tried-and-true recipes

Nutrient information and exchanges for every recipe

A one-week menu plan

30-minute (and less) recipes

Make-ahead recipes

Color photographs

"How-to" techniques

Sugar Substitute Guide

Plus, 1999 DIABETES UPDATES: a review of the year's best news for people with diabetes

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Markus Walker:

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Michael Earl:

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