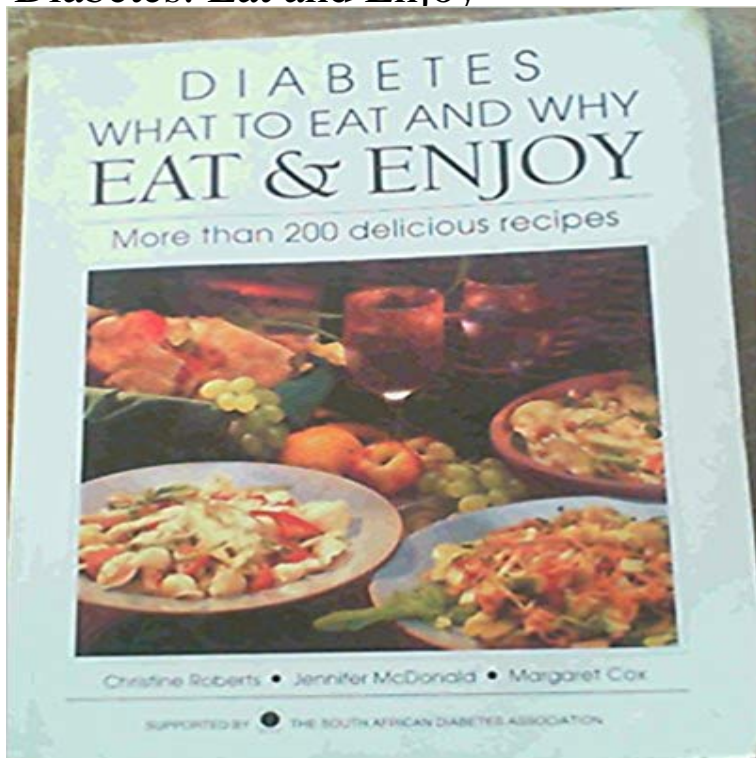


Diabetes: Eat and Enjoy



For the increasing numbers of people being diagnosed with diabetes each year, a healthy diet is a critical aspect in managing their condition. This revised and updated edition offers a collection of recipes, ranging from soups and snacks, stir-fries and risottos, to desserts and cakes, providing a healthy-eating plan suitable for everyone, not just those with diabetes. In addition, detailed information on diabetes and nutrition is provided, including: concise information on managing diabetes through diet; an explanation of food labelling; sample meal plans; advice on managing disorders and special needs; tips for modifying recipes; detailed food value lists; vegetarian recipes; and a summary of nutritional data for each recipe.

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