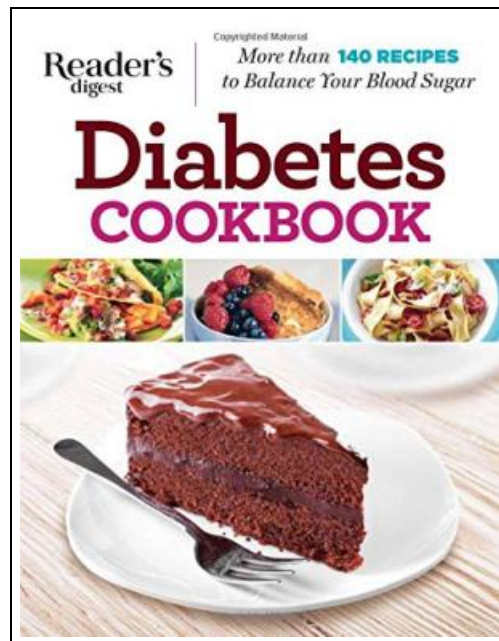


Diabetes Cookbook: More Than 140 Recipes to Balance Your Blood Sugar (Paperback)



Filesize: 6 MB

Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.

(Alfreda Bradtke)

DIABETES COOKBOOK: MORE THAN 140 RECIPES TO BALANCE YOUR BLOOD SUGAR (PAPERBACK)



Reader s Digest Association, 2015. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. As diabetes is a substantial health issue in the U.S., The Diabetes Cookbook contains 140 carefully developed and proportioned recipes to help you control your blood sugar levels. You can prevent, treat, and even reverse type 2 diabetes by eating well. Diabetes is the seventh leading cause of death in the United States and often goes underreported as a cause of death. Studies have found that only about 35 to 40 of people with diabetes who died had diabetes listed anywhere on the death certificate and about 10 to 15 had it listed as the underlying cause of death. But the good news is that you can prevent, treat, and even reverse type 2 diabetes by eating well. The Diabetes Cookbook offers 140 recipes that have been carefully developed and proportioned to help you control your blood sugar levels. Each recipe is low in saturated fat, added sugar and salt, with plenty of fruits and vegetables. The recipes also include a thorough analysis of key nutrients, plus diabetic exchanges. They are quick and easy to make, with budget-friendly and recipes for two called out. And, most importantly, they are delicious and satisfying. The book includes: *easy breakfast and brunch dishes like Buttermilk Pancakes *hearty entress like Cheesy Chickpea Enchiladas and Sunday Special Roast Beef *scrumptious sides like Oven-Baked Chips *delectable desserts like Frozen Strawberry Mousse.



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