



The Diabetes Cooking Book

Fiona;Whinney, Heather Hunter

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Learn how to manage your diet with "The Diabetes Cookbook". Managing your diet is the key to good diabetes control. With recipes for lunch, dinner and healthy snacks, "The Diabetes Cookbook" is guaranteed to tempt your taste buds and contribute to the health and well-being of everyone with diabetes. Featuring over 250 delicious recipes, from tempting curries to delicious puddings, each one suitable to help manage type 2 diabetes. Each recipe has a simple points system that allows users to track their glucose, saturated fat and cholesterol intake to balance their diet - the key to staying healthy.

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