



The Simply Gourmet Diabetes Cookbook: Easy, Healthy Recipes and Menus for People with Diabetes and Those Who Love Them

Mary Donkersloot

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Possibilities, Not Restrictions!

There is good news for people with diabetes. Eating wonderful meals can be a part of a healthy lifestyle, and Mary Donkersloot, R.D., serves up hundreds of tempting recipes that will satisfy everyone in the family. Featuring the new Carbohydrate Counting System, **The Simply Gourmet Diabetes Cookbook** is filled with easy, irresistible recipes and indispensable information for living a deliciously healthful life.

Following the thorough discussion of living well with diabetes are hundreds of recipes in chapters such as "Breakfast and Brunch," "Appetizers and Small Meals," "Poultry," "Sandwiches and Tortilla Stuffers," and "Desserts." Who can resist Bruschetta with Roasted Red Pepper-Eggplant Spread, Seafood Paella, Roast Loin of Pork with Garlic, or Espresso Angel Food Cake with Chocolate? And each of these tempting recipes is accompanied by a complete nutritional analysis, including exchanges.

Also featuring:

A week's worth of menus

Tips on shopping and reading nutritional labels

Advice on traveling and eating in restaurants

Special information for children with diabetes

Meal-planning guidance

The scoop about fats and cholesterol

Guidelines for exercise and weight management

Information on how different foods affect blood glucose levels

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From reader reviews:

John Stanley:

Exactly why? Because this The Simply Gourmet Diabetes Cookbook: Easy, Healthy Recipes and Menus for People with Diabetes and Those Who Love Them is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will distress you with the secret this inside. Reading this book adjacent to it was fantastic author who write the book in such remarkable way makes the content inside easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of positive aspects than the other book include such as help improving your ability and your critical thinking method. So , still want to hold up having that book? If I were being you I will go to the book store hurriedly.

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