



America's Everyday Diabetes Cookbook

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Delicious recipes the whole family will enjoy.

Seventeen million Americans live with diabetes and an additional 16 million are threatened with pre-diabetes. Type 2 diabetes is rising at epidemic proportions particularly among children and young adults.

Key to diabetes management is a healthy diet and careful meal planning. **America's Everyday Diabetes Cookbook** contains 150 delicious diabetes-suitable recipes that the whole family will enjoy. Meals become a delight with *Old-Fashioned Beef Stew*. One-dish meals like *Speedy Singapore Noodles with Pork and Peppers* are huge time savers for busy families. These recipes are ideal for parceling into smaller portions that can then be frozen for later individual meals. More adventurous fare is *Chinese Shrimp Sauté with Green Onions and Pecans* or *Spaghetti with Watercress and Salmon*.

Each recipe provides a complete nutritional analysis along with exchange lists for meal planning. **America's Everyday Diabetes Cookbook** includes practical advice for individuals living with diabetes and nutritional and food preparation tips.

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Edgar Foley:

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