



The Diabetes DTOUR Diet Cookbook: 200 Undeniably Delicious Recipes to Balance Your Blood Sugar and Melt Away Pounds

Barbara Quinn

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The breakthrough program for fighting diabetes is back with a collection of recipes that tackle the dual challenges of weight gain and high blood sugar?deliciously! Since The Diabetes DTOUR Diet debuted in 2009, tens of thousands of people have embraced its unorthodox philosophy that certain foods?or, more precisely, certain nutrients in those foods?can rev up the body's fat-burning furnace while reining in blood sugar levels.

Now DTOUR veterans and newcomers alike have even more ways to eat DTOUR-style. The Diabetes DTOUR Diet Cookbook - by Barbara Quinn, MS, RD, CDE, and the editors of Prevention® - offers 200 all-new recipes, each brimming with a generous helping of one or more of the fat-blasting, blood sugar-slashing nutrients known as the Fat-Fighting 4.

Also inside:

- the DTOUR Dozen?12 foods that rank as top-notch sources of the Fat-Fighting 4
- 4 days of DTOUR menus, with 3 meals and 2 snacks per day!
- convenience foods and other products that meet DTOUR's nutritional standards

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