



America's Complete Diabetes Cookbook

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More than 6% of Americans need these healthy recipes to help control their diabetes.

Diabetes is rapidly becoming the largest health problem in the United States. As the population ages, and with so many overweight, there are more and more Americans at risk of developing diabetes. Careful meal planning is key to managing the disease.

In **America's Complete Diabetes Cookbook**, each of the 250 recipes has complete nutritional information as well as *Exchange Lists for Meal Planning*© Managing diabetes doesn't have to mean eating bland food forever.

Here's just a sampling of the outstanding recipes:

- **Appetizers, Dips and Spreads:** Shrimp and Snow Pea Tidbits, Creamy Pesto Dip, Oriental Chicken-Wrapped Mushrooms
- **Soups, Chowders and Stews:** Fresh Tomato Dill Soup, Wild Mushroom and Barley Soup, Potato Corn Chowder
- **Pasta and Grains:** Singapore Noodles, Cajun Chicken over Fettuccine, Pasta Pizza with Goat Cheese and Caramelized Onions
- **Seafood and Poultry:** Leek and Halibut Ragout, Chicken with Teriyaki Vegetables, White-Hot Chicken Chili
- **Meat:** Steak Kabobs with Honey Garlic Marinade, Pork Vindaloo, Best-Ever Meat Loaf
- **Vegetables and Other Sides:** Orange Broccoli with Red Pepper, Mushroom Barley Pilaf, Garden Paella
- **Just for Kids:** Yummy Parmesan Chicken Fingers, Beef-Stuffed Spuds, Banana Peanut Butter Chip Muffins
- **Breads, Biscuits, Muffins and More:** Scottish Oatmeal Scones, Lemon Poppy Seed Loaf, Orange Pumpkin Snacking Cake
- **Desserts:** Chocolate Coffee Tiramisu, Strawberry-Rhubarb Cobbler, Peanut Butter Chocolate Chip Cookies

Comprehensive diabetes management advice is provided on everything from risk factors to achieving balanced blood glucose levels to choosing suitable sweeteners

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From reader reviews:

Steven Kilgore:

Nowadays reading books are more than want or need but also turn into a life style. This reading routine give you lot of advantages. Associate programs you got of course the knowledge your information inside the book which improve your knowledge and information. The information you get based on what kind of guide you read, if you want have more knowledge just go with schooling books but if you want experience happy read one having theme for entertaining for instance comic or novel. The particular America's Complete Diabetes Cookbook is kind of guide which is giving the reader unstable experience.

Ann Edwards:

As we know that book is very important thing to add our expertise for everything. By a publication we can know everything we wish. A book is a list of written, printed, illustrated or blank sheet. Every year had been exactly added. This book America's Complete Diabetes Cookbook was filled with regards to science. Spend your time to add your knowledge about your science competence. Some people has several feel when they reading the book. If you know how big benefit of a book, you can experience enjoy to read a reserve. In the modern era like right now, many ways to get book that you simply wanted.

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