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Knack Diabetes Cookbook: A Step-by-Step Guide to Delicious, Healthy Meals

By Nancy Maar, Viktor Budnik, Tamara L. Swett

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, Knack Diabetes Cookbook: A Step-by-Step Guide to Delicious, Healthy Meals, Nancy Maar, Viktor Budnik, Tamara L. Swett, America entered the twenty-first century with more than twenty million of its citizens, children and adults alike, struggling with diabetes, and with tens of millions more prone to the disease. Many have Type 2 diabetes, which has been linked to obesity, heart disease, and other afflictions. With Knack Diabetes Cookbook, diabetics and those who love them finally have a fun, inviting, eminently useful guide to preparing meals that are not only healthy but also tasty and lovely to look upon. In addition to its 100 recipes and extensive, appropriate variations, the book includes ample helpful advice for families hoping to learn good eating habits, and those who wish to prevent the onset of Type 2 diabetes in themselves and their children. Color photographs throughout clarify the recipes and how to create a healthy kitchen in a home. * 100 recipes & 250 variations* 350 full color photos* American Diabetic Association exchanges given for each recipe* Step-by-step photos.



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Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at any time of your time (that's what catalogues are for relating to should you request me).

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I just started looking at this pdf. It can be rally fascinating throgh studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.

-- Mr. Stephan McKenzie