



The Book of Diabetic Cooking

Jeanette Egan

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A diagnosis of diabetes is not a sentence to a life of tasteless food.

As the number of Americans with diabetes grows, the need for tasty, creative, and diabetic-friendly dishes is greater than ever. And now, with an epidemic of childhood type 2 diabetes, the strain based on obesity, it is crucial that even kids slim down. So this cookbook is packed with healthy meals that kids and adults alike will enjoy. It includes:

- A range of recipes from soups to desserts, plus snacks and quick meals
- Nutritional data for each recipe
- Dishes low in calories and fat, but high in fiber

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