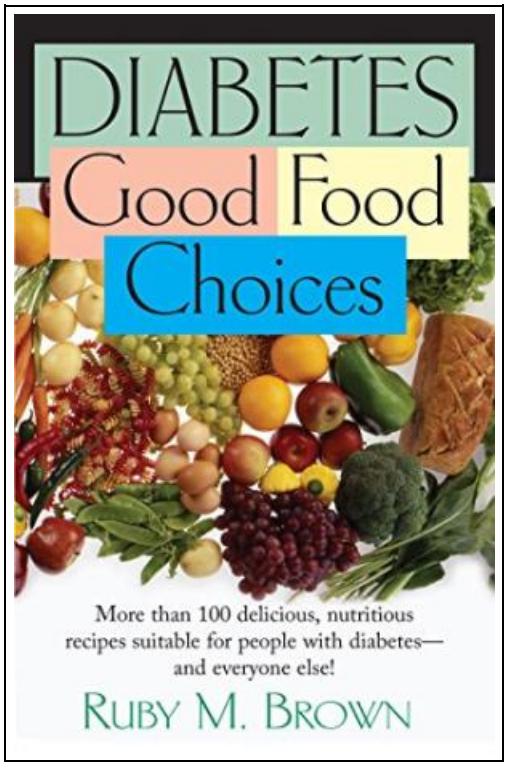
Diabetes Good Food Choices



Filesize: 5.61 MB

Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

DIABETES GOOD FOOD CHOICES

DOWNLOAD PDF

Basic Health Publications. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.8in. x 5.9in. x 0.1in.A healthy diet, along with regular eating habits, should be an important feature of daily life. It should include a variety of foods, from all food groups--plenty of vegetables and fruits, and breads and cereals: some dairy foods, lean meats andor meat alternatives; and a small amount of polyunsaturated and monounsaturated fats, but particularly for diabetics to assist with blood glucose control and to help control weight. In Diabetes, Good Food Choices, culinary author and food-technology educator Ruby Brown makes managing diabetes easy and fun, by applying her unique flair for modifying traditinal favorite foods to suit specific dietry requirements. All recipes in this book satisfy the nutritonal guidelines suitable for diabetes and overall healthy eating. Unless otherwise stated, the recipes use whole-grain cereal products, low-fat diary products, and minimal sugar and fats. Traditional favorites have been reduced in fat, sugar, and salt where necessary, and boosted with fiber where possible. in the interest of diabetes management and heart health, the margarines and oils used are plant-based monounsaturated and polyunsaturated types, rather than the heavier animal fats like butter and cream. And, to further promote dietary management, a nutritional analysis is provided for each recipe, detailing calories, total fat, saturated fat, fiber, carbohydrates, sodium, and protein per serving and for the entire recipe. Diabetes: Good Food Choices not only includes more than 100 delcious recipes, but also provdes readers with key information and dietary strategies for managing diabetes and an extensive quick-reference glossary of diabetes-related terms and concepts. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

Read Diabetes Good Food Choices Online
Download PDF Diabetes Good Food Choices

Related eBooks

Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time!
Adams Media. PAPERBACK. Book Condition: New. 144050573X.
Read PDF »

Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products
Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by...
Read PDF »

Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .
Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually...
Read PDF »

The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback
Book Condition: Brand New. Book Condition: Brand New.
Read PDF »

Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback
Book Condition: Brand New. Book Condition: Brand New.
Read PDF »