



501 Delicious Diabetic Recipes: For You and Your Family

Anne C. Chappell



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501 Delicious Diabetic Recipes features nearly 500 pages of recipes from registered dieticians, cooks, and diabetics. The diabetic exchanges make meal planning easy, and step-by-step directions ensure low-stress kitchen time. Simple ingredient lists make food preparation fast. There is a review of sugar substitutes and a quick guide to reading food labels. The complete nutritional analysis included with each recipe makes it easy to count caloric intake, as well as proteins, carbohydrates, fats, cholesterol, and sodium.



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