



# 1,001 Delicious Recipes for People with Diabetes

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# 1,001 Delicious Recipes for People with Diabetes

## 1,001 Delicious Recipes for People with Diabetes

A redesigned and reformatted version of a perennial favorite, this third edition of *1,001 Delicious Recipes for People with Diabetes* is a winning combination of the most recent diabetes recommendations and contemporary culinary tastes. It is the most complete collection of diabetes-friendly recipes available today and the one book all those with diabetes should have in their kitchen library.

*1,001 Delicious Recipes for People with Diabetes* covers all the basics of a diabetic diet and lifestyle, including exercise, carbohydrate counting, and food-exchange lists. This huge cookbook contains 16 chapters of delicious recipes that are suitable for a diabetic diet, all of which are accompanied by a nutritional analysis and the most current diabetes exchange information. The quick and easy-to-prepare recipes are written in a concise format and use readily available ingredients with a focus on fresh, seasonal foods. They require no special cooking skills or equipment, and represent an eclectic range of styles and culinary traditions.

If you are a person with diabetes, you know you have to be careful about what you eat. But healthful food doesn't have to be dull, and reducing fat and calories doesn't mean giving up flavor. Why feel deprived when you could start the day with Blueberry Pancakes with Blueberry Maple Syrup? Company coming? Everyone will enjoy a savory Chutney Cheese Spread or Queso Fundito followed by Pork Tenderloin with Gremolata. For an easy weeknight dinner, try Lasagna Casserole or Pizza with Carmelized Onions and Smoked Turkey. Want to indulge a sweet tooth? Lemon Cloud Pie or White Chocolate Cheesecake will satisfy.

This award-winning *1,001* cookbook series has earned its reputation for excellence by carefully curating and testing the recipes, as well as by featuring complete nutritional data, such as calories, fat, cholesterol, carbohydrates, and diabetic exchanges. This latest offering in the bestselling series has been completely refreshed and updated for maximum value and ease of use in the twenty-first century. In one convenient, all-encompassing volume, *1,001 Delicious Recipes for People with Diabetes* presents the healthiest, simplest, and most delicious range of family meals.

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