



The Diabetic's Healthy Exchanges Cookbook: 150 Quick and Delicious Recipes for Every Day and Special Occasions (Perigee)

JoAnna M. Lund

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Real food for people living in the real world with diabetes.

Just because you're on a "restricted diet" doesn't mean you have to be a slave to the bland and boring. Now you can eat exciting, tantalizing foods, control your condition and weight, and stay heart-healthy, all with one comprehensive cookbook. JoAnna Lund's *Healthy Exchanges* works because every one of these recipes must, according to her four basic rules, be:

- Low in Fat and Sugar: A diabetic demands less sugar, less fat, and lower cholesterol.
- Easy to Make: If it takes longer to cook than to eat, you won't see it in this book.
- Made from Ordinary Ingredients: If you can't find it in a local supermarket, you won't find it in this book.
- As Tasty and Good as It Looks: If a dish doesn't satisfy *every* sense, the way old family favorites do, it won't get eaten—no matter how healthy it is!

The Diabetic's Healthy Exchanges Cookbook features more than 150 kitchen- and family-tested recipes, complete with all diabetic and weight-loss exchanges, as well as information on calories and fat content, plenty of helpful hints, and a good dose of encouragement.

"I recommend [JoAnna's recipes] to my diabetic patients."—Donna S. Conway, RN, BSN, MA, CDE

"... Creative, fun, EASY, very tasty . . . my diabetic patients' favorites!"—Yvonne Guthrie, RD, CDE



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