



Real Food for People with Diabetes (Revised 2nd Edition)

Doris Cross, Alice Williams

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At Last, Homestyle Cooking for People with Diabetes

Dear Friends,

As a diagnosed diabetic, I have struggled the past several years to adapt to a new way of eating. I love food—sweets, old favorites, comfort foods. When I wrote my bestselling *Fat Free & Ultra Lowfat Recipes* I had just lost 100 pounds and needed to find a way to eat that I could live with, day in and day out. I wanted all the foods I grew up with, the ones my mom cooked.

I wrote *Real Food for People with Diabetes* out of personal need. Those recipes and the wonderful additions in this revised edition help me maintain a safe, healthful diet as a diabetic and continue to eat the meals I love. They can help keep you—and your family—healthy and happy, too.

My very best to you,

Doris

A diagnosis of diabetes doesn't have to be a life sentence to tasteless food. You can limit the sugar and fat in your diet without skimping on flavor. Inside, more than 175 easy and delicious dishes—many of them healthful, lowfat versions of old favorites—will show you how. They include:

- Chocolate Chip Orange Muffins
- Cinnamon Raisin Biscuits
- Restaurant-Style Potato Skins
- Avocado and Cream Cheese Sandwiches
- Grilled Italian Veggie Sandwiches
- Tex-Mex Burritos Spicy Jalapeño Chicken Breasts
- Pepperoni Pizza Rolls
- Southwest White Chili
- Raspberry Coffee Cake
- And dozens more!

This revised edition includes 26 delicious new recipes!

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From reader reviews:

Lois Cox:

This Real Food for People with Diabetes (Revised 2nd Edition) book is not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this guide incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This Real Food for People with Diabetes (Revised 2nd Edition) without we recognize teach the one who studying it become critical in considering and analyzing. Don't possibly be worry Real Food for People with Diabetes (Revised 2nd Edition) can bring whenever you are and not make your case space or bookshelves' become full because you can have it within your lovely laptop even cell phone. This Real Food for People with Diabetes (Revised 2nd Edition) having very good arrangement in word and also layout, so you will not experience uninterested in reading.

Allison Phelps:

Now a day individuals who Living in the era where everything reachable by interact with the internet and the resources included can be true or not involve people to be aware of each facts they get. How many people to be smart in having any information nowadays? Of course the correct answer is reading a book. Looking at a book can help persons out of this uncertainty Information specially this Real Food for People with Diabetes (Revised 2nd Edition) book since this book offers you rich facts and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it as you know.

Mary McDonald:

Information is provisions for anyone to get better life, information presently can get by anyone on everywhere. The information can be a expertise or any news even an issue. What people must be consider whenever those information which is within the former life are challenging to be find than now could be taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you have the unstable resource then you have it as your main information you will have huge disadvantage for you. All of those possibilities will not happen throughout you if you take Real Food for People with Diabetes (Revised 2nd Edition) as the daily resource information.

Craig Nazario:

Hey guys, do you wishes to finds a new book to read? May be the book with the subject Real Food for People with Diabetes (Revised 2nd Edition) suitable to you? The book was written by well known writer in this era. The book untitled Real Food for People with Diabetes (Revised 2nd Edition)is the main of several books which everyone read now. This kind of book was inspired a lot of people in the world. When you read this publication you will enter the new age that you ever know prior to. The author explained their idea in the simple way, so all of people can easily to understand the core of this publication. This book will give you a lots of information about this world now. So that you can see the represented of the world with this book.

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