



Delicious Diabetic Recipes: The Gourmet Cookbook for a Healthy Life

Rani Polak

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People with diabetes can live longer, healthier lives by changing the way they eat. It's surprisingly easy with "Doctor Chef" Rani Polak's groundbreaking cookbook. From Roast Sirloin with Mediterranean Mushroom Sauce to Fresh Melon Salad with Plum Granita and Mint, these recipes will please the whole family.

Smart cooking techniques, advice on using spice, food suggestions for diabetic kids, and even tasty pastas and yummy desserts are included. It also covers the lowdown on carb counting—an important new way to manage blood glucose levels by watching the number of grams of carbohydrates in your diet, being careful about portion size, and balancing carbs with protein and fat.

Stunningly illustrated in classic cookbook style, this is the one cookbook you'll want if you have a diabetic in the family.

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