



Cocina rica y sabrosa para diabéticos (Spanish Edition)

Josep Dalmau Riera

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Para un buen control de la diabetes resulta de vital importancia llevar a cabo una dieta adecuada. Esto, junto con la adopción de algunos hábitos saludables, como la realización de ejercicio físico de forma periódica, contribuye a la normalización de los niveles de azúcar en sangre. Sin embargo, la elaboración de platos que resulten adecuados para esta enfermedad no tiene por qué suponer un problema: es posible realizar menús que al mismo tiempo sean sanos, sabrosos y apetitosos. Josep Dalmau propone un buen número de recetas de entremeses, cremas, sopas, ensaladas, legumbres, verduras, carnes, pescados y repostería. Combinándolas, se pueden obtener variados menús, aptos para cualquier circunstancia, tanto para las personas que padecen diabetes como para aquellos que quieren seguir una dieta sana. Además, se incluye un menú para ocho semanas con sus comidas y cenas correspondientes, así como con las calorías que corresponden a cada alimento.

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