

Readers Digest Low Fat No Fat Cookbook

Reader's Digest Staff

Readers Digest Low Fat No Fat Cookbook:

Reader's Digest Low Fat No Fat Cookbook Reader's Digest Editors,1998 Diabetes Cookbook Editors of Reader's Digest,2015-12-29 The Diabetes Cookbook offers 140 recipes that have been carefully developed and proportioned to help you control your blood sugar levels Each recipe is low in saturated fat added sugar and salt with plenty of fruits and vegetables The recipes also include a thorough analysis of key nutrients plus diabetic exchanges Diabetes is the seventh leading cause of death in the United States and often goes underreported as a cause of death Studies have found that only about 35% to 40% of people with diabetes who died had diabetes listed anywhere on the death certificate and about 10% to 15% had it listed as the underlying cause of death But the good news is that you can prevent treat and even reverse type 2 diabetes by eating well The Diabetes Cookbook offers 140 recipes that have been carefully developed and proportioned to help you control your blood sugar levels Each recipe is low in saturated fat added sugar and salt with plenty of fruits and vegetables The recipes also include a thorough analysis of key nutrients plus diabetic exchanges They are quick and easy to make with budget friendly and recipes for two called out And most importantly they are delicious and satisfying The book includes easy breakfast and brunch dishes like Buttermilk Pancakes hearty entress like Cheesy Chickpea Enchiladas and Sunday Special Roast Beef scrumptious sides like Oven Baked Chips delectable desserts like Frozen Strawberry Mousse

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