



# Everyday Cooking For Diabetics

*Stella Bowling*

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## **Everyday Cooking For Diabetics** Stella Bowling

More than 200 recipes created especially for people with diabetes and their families. Everyday Cooking for Diabetics promotes a healthful diet similar to the lowfat, high-fiber diet that physicians recommend for everyone today. These recipes are naturally low in sugar. Nutritional analysis is provided for each recipe.

People with diabetes do not have to feel apart from others in the family at mealtimes. Everyday Cooking for Diabetics does not limit the cook to special "diabetic" foods -- it emphasizes fresh ingredients available at most local markets. Uses new food exchanges from American Diabetic Association.

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