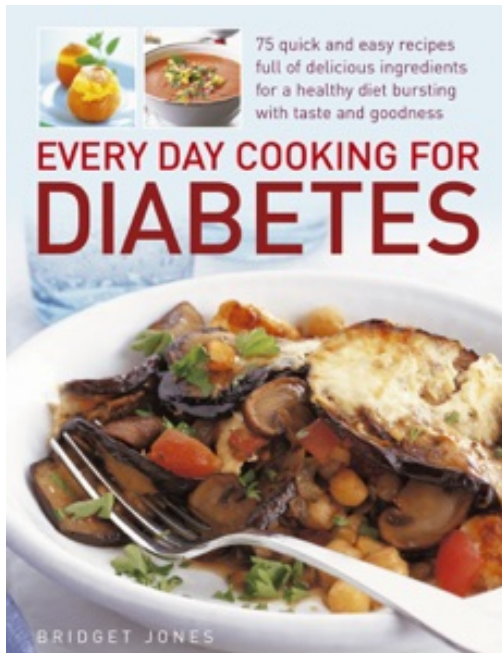


Every Day Cooking For Diabetes - Bridget Jones Read Ebooks [EN] PDF, EPub, Mobi



Every Day Cooking for Diabetes Bridget Jones Read ebooks [EN] PDF, ePub, Mobi, Diabetes is unique among chronic health conditions for the importance that is now placed on self-management. The outlook for someone diagnosed for the condition these days is much more positive than before, and current thinking is the more varied and interesting the diet, the better it is likely to be. The recipes in this book follow the same principle, and present a collection of dishes that use a wide variety of ingredients, food types and tastes. Here you will find 75 recipes that will inspire the diabetic cook and enable them to enjoy food with the family on an everyday basis. Illustrated throughout with stunning photography, there are recipes for quick snacks, light lunches, substantial suppers and family meals, including a chapter on special occasional treats such as puddings, cookies and desserts. The recipes have been carefully selected because they are full of slow release carbohydrate that are

high in taste, energy and goodness but low on sugar, salt and fat, to make the most your mealtimes. Here you will find ideal family meals such as Roast Chicken with Vegetables, Italian Meatballs, Grilled Vegetable Pizza and Apple and Blackberry Crumble, as well as recipes to suit more sophisticated tastes, such as Golden Chorizo and Chickpea Soup, Cod with Pancetta and Butter Beans and Warm Swordfish and Rocket Salad. All the recipes have been fully tested and come complete with nutritional notes. The editor, Bridget Jones, graduated in home economics from Surrey University and has written over 50 titles on a range of food subjects. She was the consultant on the Reader's Digest Eat Well, Live Well series and Ultimate Mind and Body (published by Caxton).

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