



Real Food for People with Diabetes (Revised 2nd Edition)

Doris Cross, Alice Williams

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At Last, Homestyle Cooking for People with Diabetes

Dear Friends,

As a diagnosed diabetic, I have struggled the past several years to adapt to a new way of eating. I love food—sweets, old favorites, comfort foods. When I wrote my bestselling *Fat Free & Ultra Lowfat Recipes* I had just lost 100 pounds and needed to find a way to eat that I could live with, day in and day out. I wanted all the foods I grew up with, the ones my mom cooked.

I wrote *Real Food for People with Diabetes* out of personal need. Those recipes and the wonderful additions in this revised edition help me maintain a safe, healthful diet as a diabetic and continue to eat the meals I love. They can help keep you—and your family—healthy and happy, too.

My very best to you,

Doris

A diagnosis of diabetes doesn't have to be a life sentence to tasteless food. You can limit the sugar and fat in your diet without skimping on flavor. Inside, more than 175 easy and delicious dishes—many of them healthful, lowfat versions of old favorites—will show you how. They include:

- Chocolate Chip Orange Muffins
- Cinnamon Raisin Biscuits
- Restaurant-Style Potato Skins
- Avocado and Cream Cheese Sandwiches
- Grilled Italian Veggie Sandwiches
- Tex-Mex Burritos Spicy Jalapeño Chicken Breasts
- Pepperoni Pizza Rolls
- Southwest White Chili
- Raspberry Coffee Cake
- And dozens more!

This revised edition includes 26 delicious new recipes!

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The reserve with title Real Food for People with Diabetes (Revised 2nd Edition) possesses a lot of information that you can study it. You can get a lot of gain after read this book. This kind of book exist new knowledge the information that exist in this reserve represented the condition of the world at this point. That is important to yo7u to learn how the improvement of the world. This specific book will bring you throughout new era of the syndication. You can read the e-book with your smart phone, so you can read the item anywhere you want.

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In this period of time globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended to you is Real Food for People with Diabetes (Revised 2nd Edition) this reserve consist a lot of the information in the condition of this world now. This specific book was represented just how can the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Often the writer made some investigation when he makes this book. That's why this book acceptable all of you.

Mary Barnett:

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