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Carb Counter's Diabetic Cookbook (Better Homes & Gardens)

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Carb Counter's Diabetic Cookbook (Better Homes & Gardens) Better Homes and Gardens Books Diabetes has hit epidemic levels, affecting up to 17 million Americans. Even children and adolescents are developing type 2 diabetes, once considered an illness that occurred in adults. Despite these statistics, people with diabetes can control their illness, thanks to innovations in insulins, insulin pens and pumps, and nutrition. *Better Homes and Gardens Carb Counter's Diabetic Cookbook* can be a key tool in managing diabetes and improving quality of life. The book features the most current meal-planning strategy recognized by the American Diabetes Association: counting carbohydrates. Simply put, carbohydrate is the nutrient that has the greatest effect on blood glucose levels, and eating about the same amount of carbohydrate at the same times each day keeps these levels in range. More than 220 mouthwatering healthful recipes, a week's sample menus, and portion control tips make carb counting easy and enjoyable. Complete nutrition information accompanies each recipe. This cookbook also contains information about prediabetes risk factors, ways to prevent the illness, plus a wealth of resources.

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