



Diabetes Cookbook

American Medical Association, Maureen Callahan R.D., Karen A. Levin

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Written by the health experts at AMA, this cookbook provides valuable, up-to-date information for anyone wanting to lead a healthy life.

Includes life-enriching, delicious meals that are easily created and work with a diabetic diet.

Offers dishes created by AMA diabetes experts to help with weight loss, hit daily nutritional targets, and minimize disease risk.

Shows carbohydrate count and diabetic exchange information for each recipe in an easy-to-follow format so you know instantly how the dish can fit into your overall diet.

Gives up-to-date information on managing and preventing Type 1 and Type 2 diabetes.

Provides an extensive list of foods that help fight diabetes and heart disease.

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