



Diabetes Delicacies (Recipies for Diabetes, Must Know Essentials, Do's and Dont's, Myths and Facts)

Kanchan G. Kabra

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Diabetes Delicacies

by Kanchan Kabra

This book presents a collection of recipes which a diabetic can relish without feeling guilty. Each recipe has been furnished with a view to the nutritional requirement of the individual. It contains vitally important facts like the importance of exercise, soyabean, remedies, preventive tips, dos and don'ts etc.

In short, this book offers the A to Z about delicious and quality diabetic care. Apart from recipes, the book contains other essential information which every diabetic individual must know and follow to live a life free of worry.

This author executed idea keeps in mind the increasing number of diabetic patients in the country and their need for proper and palatable diet.

This book is a boon for all those who cater to the tastes and care of a diabetic, patients living alone and house makers who want to be precautious about diabetes in the family history—avoid the hassles of discussing over it.

List of Recipes :-

- 1) Drinks
- 2) Soups
- 3) Salads
- 4) Breads
- 5) Vegetables & Curries
- 6) Rice & Khichdi
- 7) Snacks
- 8) Desserts
- 9) International Cuisines
- 10) Chutneys

About the Author :

The Author is qualified in Health & Nutrition and Obesity management. “The Gourmand World Cookbook Awards” are considered the prime reward and honour for those who “Cook with words”. It is the Oscars in the World of Food and Wine, and this Supreme honour was bestowed to Kanchan G. Kabra in Spain for her work, “The Paneer Cook Book”

When the then President of USA. Mr. Bill Clinton came to visit Gujarat, India the onus of preparing the menu was given to her. In keeping with her splendid culinary skills and knowledge, she prepared a menu

worthy of her revered guests and also of the delicious heritage of the region. The author then presented her bestseller work, “The Gujarat cookbook” to the impressed president.

For more details you can log on to www.Kanchankabra.com or e-mail: kanchan@kanchankabra.com

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