



250 Essential Diabetes Recipes

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Traditional and classic recipes that will be enjoyed by anyone who is affected by or is managing diabetes.

These recipes are not only delicious and suitable for individuals managing diabetes, they can also be enjoyed by the whole family. Home cooks often feel they must prepare separate meals for individuals with diabetes because of diabetics' many dietary restrictions. Using the American exchanges-per-serving information in this book, it's easy to prepare dishes that will satisfy everyone and that also comply with the limitations of a diabetic diet.

Zeiler uses readily available ingredients and includes old family favorites along with other food ideas, many with new and slightly different twists. She emphasizes quick and easy-to-prepare dishes that are ideally suited to today's busy lifestyle.

There are recipes for every meal and every occasion, including menus that make meal planning even easier. The recipes include:

- Appetizers
- Beverages
- Sauces and other basics
- Soups and salads
- Vegetables and side dishes
- Meat, fish and poultry
- One-dish meals
- Meatless dishes
- Breads, muffins and cookies
- Desserts
- Preserves and pickles

Each recipe has also been kitchen-tested to meet the Canadian Diabetes Association's very high standards of quality and appeal.

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