



# 501 Delicious Diabetic Recipes: For You and Your Family

*Anne C. Chappell*

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## **501 Delicious Diabetic Recipes: For You and Your Family** Anne C. Chappell

501 Delicious Diabetic Recipes features nearly 500 pages of recipes from registered dietitians, cooks, and diabetics. The diabetic exchanges make meal planning easy, and step-by-step directions ensure low-stress kitchen time. Simple ingredient lists make food preparation fast. There is a review of sugar substitutes and a quick guide to reading food labels. The complete nutritional analysis included with each recipe makes it easy to count caloric intake, as well as proteins, carbohydrates, fats, cholesterol, and sodium.

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