



## Diabetic Diet Plan: The Beginners Guide to Healthy Eating Keeping the Flavor! (Paperback)

By Kay Herson

Herson House Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Five Star Reviews! Amazing Resource -I loved this book! The recipes and suggestions for healthy eating are superb! Everyone could benefit from the information contained here. I would definitely recommend this to anyone wanting to improve their health, as well as diabetics. You can even eat dessert! Great Food Guide for Diabetics - As a sufferer of Type 2 diabetes, I m always on the lookout for sources of good information about managing my diet and lifestyle. Kay Herson has written a smart, basic food guide for diabetics with a helpful food plan. Even better, she includes 18 recipes for breakfast meals, appetizers, lunch and dinner suggestions and even desserts. I m cooking my first one today! Love the Recipes - My husband has type 2 diabetes and he loves to eat. He was raised much like the authors Mom was and food is a comfort to him. Well it s up to me to provide tasty and healthy food for him. With these recipes and plan he will not feel deprived and not even know he s eating healthy food....

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