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## Diabetes Recipes from Around the World (Paperback)

By Jane Frank

GRUB STREET, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. Today worldwide there are approximately 200 million people with diabetes, more than two million of those are in the UK - with at least a million more thought to have diabetes but not yet aware of it. Diabetes is indeed a serious disease, but it is still possible to lead a relatively normal life. The key to coping successfully with diabetes is self-management, and the most important aspect of self-management is making healthy food choices. In this book Jane Frank explains exactly what diabetes is, its likely causes and how to manage it by improving your lifestyle and discusses the principles behind healthy eating, the glycaemic index (GI) of foods and their glycaemic load. She has collected together over 150 recipes from many different cuisines around the world, picking out dishes that will help you keep blood glucose on an even keel as well as being nutritionally balanced, tasty and easy to cook. Some of these recipes are traditional dishes reworked to be more diabetes-friendly, whilst others are new recipes using culinary traditions from many different countries. Each recipe carries an easy-to-read traffic light code for the...



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