



Diabetes Cookbook For Dummies

Alan L. Rubin MD

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Millions of people worldwide live with the word "diabetes" as a part of their daily routines. One of the major weapons in a person's lifelong battle against complications of the disease is the ability to choose. You can choose to exercise every day. You can choose to take your medications. Perhaps your most effective resource is your skill at making the right food choices. The consequences of following the right diet are immediate and enormous.

The *Diabetes Cookbook For Dummies* is both a cookbook that shows you how to prepare good-for-you, good-tasting foods in your own home and a guide to eating out in restaurants and fast-food places. With this invaluable resource, you also can load up on information on

- Getting real with a healthy lifestyle
- Shopping with a meal plan in mind
- Deciphering mysterious food labels
- Getting to the meat of menu matters
- Deserting a ban on desserts
- Knowing all about restaurant fare
- Setting a good example for the young ones

Sixteen pages of colorful cuisine complement more than 100 imaginative and appetizing recipes in this inspiring reference, a book that brings you the good word – and delicious dishes – from great chefs and respected dieticians. Author Dr. Alan Rubin, a leading expert in diabetes treatment, shares his pioneering spirit about the disease that doesn't have to be disabling. With the *Diabetes Cookbook For Dummies*, you can discover the place of diet in a complete program of diabetes care.

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