



Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day (Betty Crocker Cooking)

By Betty Crocker

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Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day (Betty Crocker Cooking) By Betty Crocker

An updated new edition of the bestselling diabetes cookbook from Betty Crocker and the International Diabetes Center

Here's a fresh new edition of the cookbook that proves that people who have diabetes don't have to give up the foods they love and, in fact, can eat incredibly satisfying food every day, for every meal. The *Betty Crocker Diabetes Cookbook* delivers delicious and healthful recipes for diabetics, along with the latest medical and nutrition information from the International Diabetes Center.

This new edition includes brand-new recipes and photos, along with tips and menus that focus on using carbohydrate choices. Plus, an easy-to-understand introductory section provides helpful insight and vital guidance for those with diabetes.

- Features 140 quick, easy-to-make, and delicious recipes for breakfasts, lunches, dinners, desserts, and more
- Includes 40 recipes and full-color photos all new to this edition, including gluten-free dishes and fun items like mini cupcakes
- Includes menus for a variety of special occasions plus a sampling of everyday menus with carbohydrate counts included

With the *Betty Crocker Diabetes Cookbook*, great-tasting meals are never off-limits for people with diabetes.

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Editorial Review

From the Back Cover

The all-in-one cookbook and resource for managing your diabetes

"This beautiful cookbook will help millions of individuals in their quest to live well with diabetes. The authors bring together recipes along with practical advice on developing a healthy lifestyle, which is at the heart of great diabetes care."

—**Robert R. Henry, MD**, University of California School of Medicine and VA Medical Center, San Diego; Past President, Medicine & Science, American Diabetes Association

Living with diabetes doesn't mean having to give up the foods you love. The *Betty Crocker Diabetes Cookbook* includes a wide variety of delicious, satisfying foods that are good for people with diabetes—and everyone else too! In conjunction with the International Diabetes Center and experts from the Bell Institute of Health and Nutrition at General Mills, this book offers more than just recipes. It also features the latest medical advice and essential nutrition information.

You'll find:

- **140 easy-to-make recipes** for breakfasts, snacks, main dishes, desserts and even vegetarian and gluten-free meals
- **Mouthwatering full-color photography** offering plenty of delicious inspiration
- **Real-life advice** on planning, preparing and enjoying great food
- **Menus** for everyday healthy eating and special occasions, too
- **Carbohydrate Choices** for every recipe, as recommended by the American Diabetes Association—the easier way to plan your meals throughout the day
- **Nutrition information** with every recipe, including food exchanges if you use them to plan your meals
- **Diabetes resources guide** and glossary

About the Author

With more than 63 million cookbooks sold since 1950, Betty Crocker is the name readers trust for reliable recipes and great ideas. For over 75 years, Betty Crocker has provided advice to millions of Americans through cookbooks, magazines and television.

Users Review

From reader reviews:

David Pimentel:

Now a day people that Living in the era where everything reachable by talk with the internet and the resources inside can be true or not demand people to be aware of each data they get. How many people to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Looking at a book can help persons out of this uncertainty Information specially this Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day (Betty Crocker Cooking) book because book offers you rich

details and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it as you know.

Avis Zeiger:

Reading a e-book tends to be new life style on this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Together with book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or their experience. Not only the storyplot that share in the books. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some study before they write to their book. One of them is this Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day (Betty Crocker Cooking).

Robert McKay:

Is it you actually who having spare time and then spend it whole day simply by watching television programs or just lying on the bed? Do you need something new? This Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day (Betty Crocker Cooking) can be the solution, oh how comes? A book you know. You are therefore out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these books have than the others?

Harry Barnes:

A lot of publication has printed but it takes a different approach. You can get it by net on social media. You can choose the best book for you, science, comedian, novel, or whatever by simply searching from it. It is known as of book Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day (Betty Crocker Cooking). You'll be able to your knowledge by it. Without departing the printed book, it can add your knowledge and make you actually happier to read. It is most significant that, you must aware about reserve. It can bring you from one location to other place.

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