



# **Cooking for Diabetes. Australian Women's Weekly (The Australian Women's Weekly: New Essentials)**

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*The Australian Women's Weekly*

## **Cooking for Diabetes. Australian Women's Weekly (The Australian Women's Weekly: New Essentials)** The Australian Women's Weekly

This book is full of delicious recipes and useful tips that address the rising diabetes epidemic. This varied range of tasty treats demonstrates that it is easy for everyone to enjoy a healthy lifestyle. Cooking for Diabetes provides helpful meal-plans and contains useful advice about controlling glycaemic index values to help manage and prevent diabetes. Each recipe is easy to follow and lavishly illustrated with clear colour photographs. With more than 50 recipes for a variety of low GI meals, this book is sure to appeal to anyone wishing to find tempting alternatives to foods high in saturated fat and sugar.

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#### **Frank Wimmer:**

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