



The Everyday Diabetic Cookbook

Stella Bowling

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Diabetes now affects over one million people in the UK and the number is growing every day amongst all age groups and all racial groups. It is now generally recognized that, in the main, we are what we eat and that the best food for diabetics is to be found in the high-fibre, low-fat, low-sugar diet that today's nutritionalists are recommending for everyone. This cookbook contains 200 tasty recipes that provide healthy, high energy meals and is written by Stella Bowling, the British Diabetic Association's Head of Diet Information Service. It is fully endorsed by, and published in association with, the BDA. Each recipe is accompanied by nutritional analysis listing calories per serving, fat protein and carbohydrate content.

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