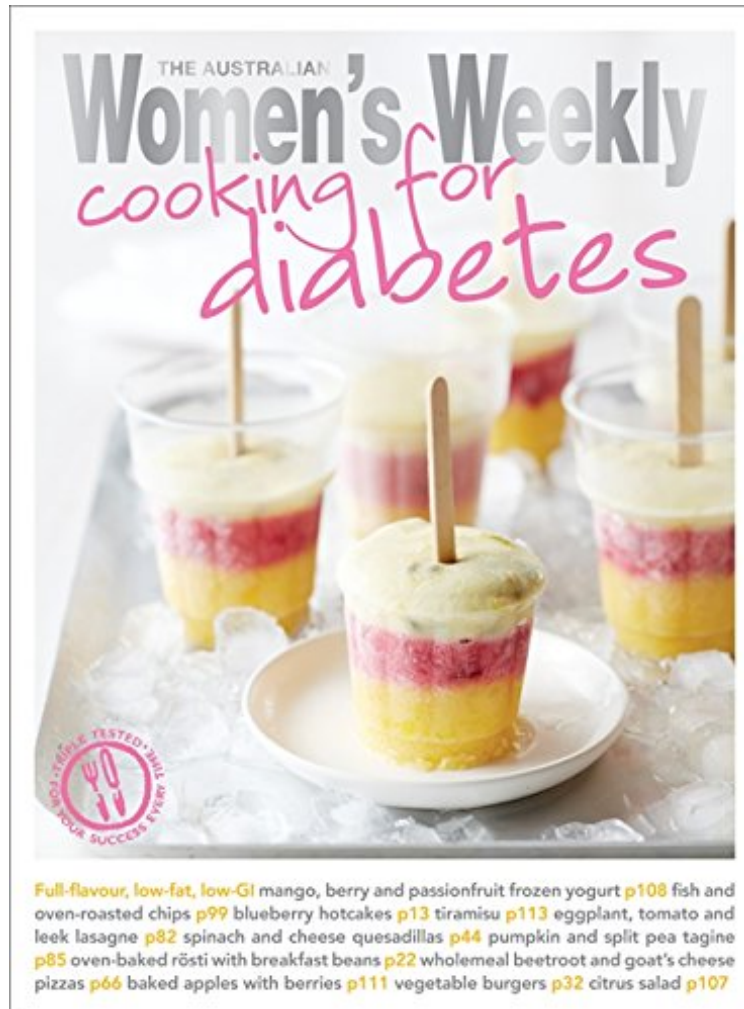


Cooking for Diabetes. Australian Women's Weekly (The Australian Women's Weekly Essentials)

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The Australian Women's Weekly : Cooking for Diabetes. Australian Women's Weekly (The Australian Women's Weekly Essentials) before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking for Diabetes. Australian Women's Weekly (The Australian Women's Weekly Essentials):

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.

About the Author The Australian Women's Weekly is the bestselling cookery series of all time (source: Nielsen Bookscan). The Australian Women's Weekly is an extraordinarily successful global cookery brand, built over 30 years, having sold over 70 million books in over 100 countries around the world. So what's the secret? It's the world famous Test Kitchen and the 3 Rs: RANGE, RELIABILITY the RECIPES RANGE Delicious recipes for every occasion covering cuisine from around the world - where there's food, there's a Women's Weekly cookbook. RELIABILITY All the books are TRIPLE TESTED(r) for guaranteed results. And finally, the RECIPES Each recipe is clearly and vividly photographed to illustrate your finished dish and they taste fantastic. The recipes work - every time.