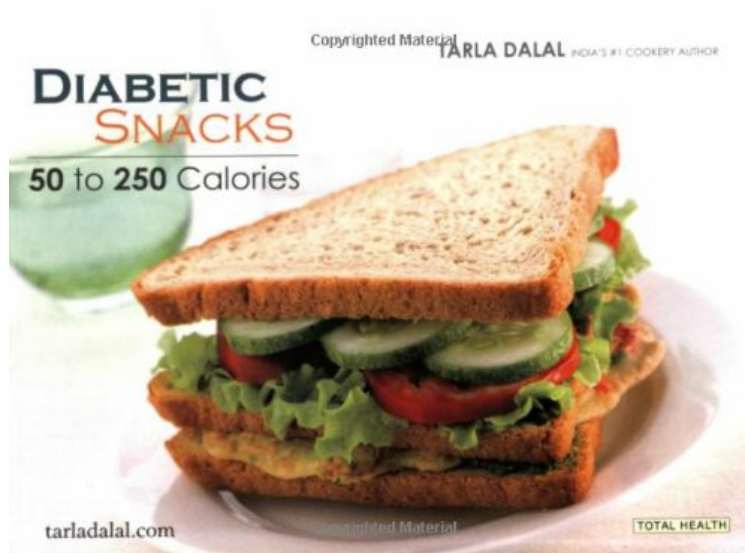


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Diabetic Snacks

Tarla Dalal

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Tarla Dalal : Diabetic Snacks before purchasing it in order to gauge whether or not it would be worth my time, and all praised Diabetic Snacks:

1 of 1 people found the following review helpful. Mumbai DelightBy Anthony DiDomenicoIf I resided in India, preferably next door to the New Delhi Deli, I would have more use for this book. But not having any idea what many of these ingredients are and no idea where to find them, this item has proved useless to me.0 of 0 people found the following review helpful. SUPER GOOD diabetic snack book. Very pleased with all my purchases from AMAZON. Keep up the good work and great dealsBy gabbyVERY HELPFUL for diabetics-----I love the recipes and recommend to anyone, Keep up the GOOD WORK GREAT DEALS. THANKS FOLKS2 of 3 people found the following review helpful. cook bookBy michelle LeeI bought this for my mom who is a type 2 diabetic. She said all the recipes have strange names and the ingredients are just as strange. She didn't care for this book much and at \$7.00 I'd say "save your money" plus it's tiny, this book isn't even the size of a large calculator.

DESCRIPTION Here is a collection of appetizing and healthy snacks for diabetics who need to eat frequent small meals to prevent low blood sugar (hypoglycaemia), the best way to do that is to indulge in regular snacks. In this book we prove that snacks need not be oily and calorie-laden. Divided into five categories - Everyday Snacks, Occasional Treats, Light Snacks, Jar Snacks, and Accompaniments these recipes have made good use of diabetes-friendly ingredients like soya beans, garlic, bitter melon (karela), and low fat milk and milk products. Each recipe is accompanied by serving size, so a person with diabetes doesn't overshoot his daily calorie requirements. With this book I guarantee you'll change your whole attitude to snacking!

About the AuthorMrs. Tarla Dalal is India's best-selling cookery author since over 2 decades. She has written a total of 100 titles, several of which have been translated in various languages like Hindi, Gujarati, Marathi, Bengali and even Dutch and Russian! The total sales of her cookery books exceed 3 million copies. Her first book The Pleasures of

Vegetarian Cooking , which was published in 1974, was an instant success with indian housewives. The book, which is considered a classic in cookery books, has sold a record 1,50,000 copies. Lately there has been a new addition to the list called the TOTAL HEALTH SERIES. These are health related cookbooks with recipes and information on various subjects like The Pregnancy Cookbook, Baby and Toddler food, Delicious Diabetic Recipes, Fast foods made Healthy, Healthy Breakfast, Healthy Soups and Salads, Cooking with 1 Teaspoon of Oil, Healthy Soups and Salads, Healthy Breakfast and Calcium Rich Recipes has been her best selling book recently. In addition to writing cookbooks, Mrs. Tarla Dalal also has a major web presence in the form of tarladalal.com, the largest Indian food site.