



# The Ultimate Diabetes Cookbook

*Carol Gelles*

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**The Ultimate Diabetes Cookbook** Carol Gelles

**Here at last is a diabetes cookbook with a difference: delicious recipes designed for people with diabetes as well as additional health complications. Award-winning cookbook author Carol Gelles, herself a Type II/Adult -Onset diabetic, has written the first cookbook to address the full range of dietary needs of people with diabetes.**

*The Ultimate Diabetes Cookbook* features recipes tailored for diabetic diets and the additional dietary restrictions for people with complications from diabetes. For example, someone with heart disease as well as diabetes can use the book to turn a basic recipe into one that is also low-fat/low-cholesterol. People with high blood pressure and diabetes will find low-sodium versions of most recipes. For kidney patients, there are numerous low-protein variations of basic recipes. All the recipes are suitable for the simple diabetic diet. And best of all, they are delicious enough to please everyone in the family, making meal preparation easy for everyday breakfasts, lunches, and dinners or for special occasions. Each recipe is accompanied by a helpful nutritional summary box, with indications of which nutrients (such as protein, cholesterol, and carbohydrates) and minerals (such as sodium, magnesium, and phosphorus) are high or low in that recipe. In addition, the American Diabetic Association exchanges for all the recipes are listed at the bottom of each recipe, and there are extensive charts giving all of the nutritional values at the back of the book.

Drawing on her background as a trained nutritionist and cookbook author, Gelles has developed more than 250 enticing recipes. There are appetizers (Cucumber Feta Dip, Curried Shrimp), soups (Creamy Portobello Mushroom Soup, Mango Gazpacho), entrees (Chicken Gumbo, Roasted Cod with Moroccan Flavors, Mediterranean Beef Stew), side dishes (Broccoli Souffle, Sautéed Zucchini with Tomatoes and Raisins), salads (Marinated Tomato Salad, Oriental Chicken Salad), and breakfast and brunch dishes (Western Omelet for Two, Blueberry Bran Muffins). Desserts are included, too, to be eaten rarely and in moderation, but fully enjoyed. There are no artificial ingredients in them, such as nonsugar sweeteners, and these occasional indulgences include the likes of Brownie Bites and Ginger Bread Pudding. Throughout the book there are menu suggestions for balanced and flavorful meals. However, Gelles also realizes that each person's health plan is unique and that her recipes and menus should be used in conjunction with (rather than in place of) a doctor's advice.

Now, with the help of *The Ultimate Diabetes Cookbook*, people with diabetes can enjoy a wide variety of memorable meals specifically tailored to their health needs.

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