



Prevention's Diabetes Diet Cookbook

Ann Fittante

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Nearly 21 million Americans already have diabetes, and at least 54 million adults over the age of 20 are at risk. Fortunately, there is good news: Studies have shown that people with pre-diabetes who lose weight and increase their physical activity can prevent or delay the onset of type 2 diabetes?and even return their blood glucose levels to normal. This outstanding cookbook draws on the latest science to make losing weight and getting blood sugar under control easier than ever before.

Diabetes Diet Cookbook by the Editors of Prevention with Ann Fittante, MS, RD features:

- a new approach to controlling blood sugar naturally?by eating up to 50 grams of fiber a day (nearly twice the USDA's recommended daily intake)
- easy menu plans that lower daily carb intake to target abdominal fat, a leading risk for the heart disease that commonly accompanies diabetes
- more than 200 great-tasting dishes?from Better-for-You Burritos and Skinny Monte Cristos to fabulous special-occasion desserts?that will satisfy the whole family and completely eliminate the need for separate meals
- hundreds of practical tips for living well with diabetes

Designed to bring about steady, permanent weight loss?up to 2 pounds a week until one's goal weight is reached?and filled with inspirational, real-life success stories that illustrate Prevention's trusted advice in action, this is an indispensable book for anyone who has, or is at risk of developing, diabetes.

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