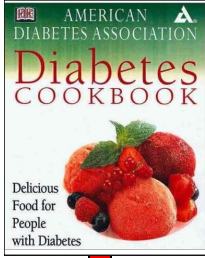


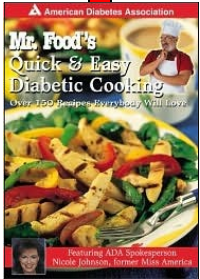
# Delicious Recipes for People with Diabetes!



## [Diabetes Cookbook: Delicious Food For People With Diabetes](#)

By American Diabetes Association (641.5 AMERI)

This cookbook shows how easy it is to plan menus that are appropriate to people with diabetes and that also appeal to family and friends. There are recipes for all occasions, including buffet lunches, children's snacks, vegetarian suppers, and three—course dinner parties.



## [Mr. Food's Quick & Easy Diabetic Cooking: Over 150 Recipes Everybody Will Love](#)

By Art Ginsburg (641.5 GINSB)

Offers a seemingly endless variety of tasty meat, poultry, seafood, and meatless main course recipes. Also included are appealing appetizers and sensational salads, soups, and side dishes, which add a zesty touch to every meal. Each recipe includes nutritional information and diabetic exchanges.

## [Diabetes Snacks, Treats & Easy Eats: 130 Recipes You'll Make Again and Again](#)

By Barbara Grunes (641.5 GRUNE)

The editors have compiled favorite recipes for snacks, appetizers, side dishes, cakes, pies, cookies — even ice cream — that are low in fat, carbs, and sodium, created especially for people with diabetes. Easy to make, most dishes take less than 20 minutes to prepare and use fewer than four ingredients plus condiments. In addition, this user-friendly cookbook also has suggestions for stocking the pantry and recipes that children will enjoy.

## [Delicious Desserts When You Have Diabetes: Over 150 Recipes](#)

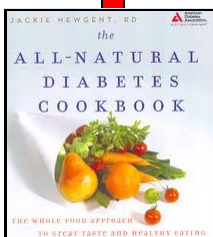
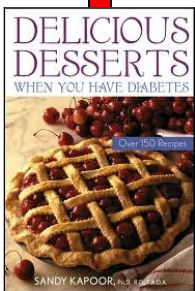
By Sandra Kapoor (641.5 KAPOO)

People with diabetes often believe that they cannot enjoy rich, delicious-tasting cooking—such as desserts. Professor, chef, and dietitian Sandy Kapoor proves them wrong, showing those who suffer from diabetes how they can fit desserts into a healthy plan of eating.

## [The All-Natural Diabetes Cookbook: The whole food approach to great taste and healthy eating](#)

By Jackie Newgent (641.5 NEWGE)

Featuring 150 recipes that focus on whole foods and unprocessed ingredients, this cookbook lets you make healthier choices without giving up good food. Recipes include Blanco Huevos Rancheros, Creole-Style Red Beans and Rice, Roasted Wild Salmon Fillet with Orange-Miso Sauce, Horseradish Pork Tenderloin on Naan with Arugula, and more!

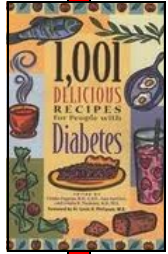


# Delicious Recipes for People with Diabetes!

## [1,001 Delicious Recipes For People With Diabetes](#)

By Sue Spitler (641.5 ONE)

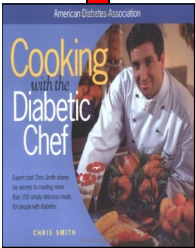
*1,001 Delicious Desserts for People with Diabetes* presents a wide range of desserts suitable for a diabetic diet. Its palate-pleasing illustrations and recipes include Peanut Butter Cupcakes and Double Coconut Cream Meringue Pie. Each recipe adheres to nutritional guidelines.



## [Cooking with the Diabetic Chef](#)

By Chris Smith (641.5 SMITH)

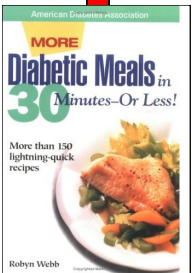
You will find more than 150 recipes--everything from appetizers to entrees to desserts--arranged by season so that the freshest ingredients can always be used. You will also discover a simple and convenient way to organize meals up to a month in advance using the Diabetic Chef's unique meal planner.



## [More Diabetic Meals in 30 Minutes or Less!: More than 150 lightning-quick recipes](#)

By Robyn Webb (641.5 WEBB)

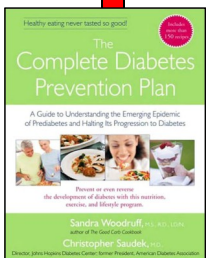
Preparing great-tasting meals that fit into a healthy meal plan is difficult enough. Preparing them in 30 minutes or less is even more of a challenge. Diabetes cookbook author Robyn Webb introduces an all-new collection of more than 200 new quick-and-easy recipes. Readers can choose from a healthy variety of appetizers, desserts, soups, salads, or entrees.



## [The Complete Diabetes Prevention Plan: A Guide to Understanding the Emerging Epidemic of Prediabetes and Halting Its Progression to Diabetes](#)

By Sandra Woodruff & Christopher Saudek (616.4 WOODR)

Provides dietary guidelines for preventing diabetes, weight-loss tips, and exercise suggestions. The book also features 150 easy and appealing recipes that emphasize good carbs, healthful fats, and controlled calories--all crucial elements in a diabetes-fighting diet.



## [America's Everyday Diabetes Cookbook](#)

By Katherine Younker (641.5 YOUNK)

Each recipe provides a complete nutritional analysis along with exchange lists for meal planning. It includes practical advice for individuals living with diabetes and nutritional and food preparation tips.

