



# Deliciously Healthy Cooking for Diabetics

*Yael Avital*

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*Yael Avital*

## **Deliciously Healthy Cooking for Diabetics** Yael Avital

Diabetics shouldn't have to say "no" to flavorful foods! With these tasty recipes, it is possible for a diabetic to enjoy a meal without compromising on flavor or health. There are approximately 90 recipes for salads, meat, vegetarian dishes, and desserts, all shown in beautiful color photographs. Developed and tested by an international expert on cooking for diabetics, all recipes include expert advice, practical tips, and American Diabetes Association Exchange Charts and Guidance on Carb Counting for managing glucose. Eating should be a joy for everyone in the family. These recipes make it possible!

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