



# Diabetes Good Food Choices

By Ruby M. Brown

Basic Health Publications. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.8in. x 5.9in. x 0.1in. A healthy diet, along with regular eating habits, should be an important feature of daily life. It should include a variety of foods, from all food groups--plenty of vegetables and fruits, and breads and cereals: some dairy foods, lean meats and/or meat alternatives; and a small amount of polyunsaturated and monounsaturated fats, but particularly for diabetics to assist with blood glucose control and to help control weight. In *Diabetes, Good Food Choices*, culinary author and food-technology educator Ruby Brown makes managing diabetes easy and fun, by applying her unique flair for modifying traditional favorite foods to suit specific dietary requirements. All recipes in this book satisfy the nutritional guidelines suitable for diabetes and overall healthy eating. Unless otherwise stated, the recipes use whole-grain cereal products, low-fat dairy products, and minimal sugar and fats. Traditional favorites have been reduced in fat, sugar, and salt where necessary, and boosted with fiber where possible. In the interest of diabetes management and heart health, the margarines and oils used are plant-based monounsaturated and polyunsaturated types, rather than the heavier animal fats like butter and cream. And, to further promote...



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