



## Type 1 and Type 2 Diabetes Cookbook: Low carb recipes for the whole family (Paperback)

By Vickie de Beer, Kath Megaw

PAVILION BOOKS, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. This cookbook and part medical reference, begins with information about diabetes, what it is, how to recognize Type 1 and 2 diabetes and what medicines are used to control the symptoms. Combined findings - at once personal and professional, and essential reading that effectively ` closes the gap for families coping with diabetes. This is followed by delicious recipes, Vickie s meals are simple to shop for, effortless to prepare and, above all, packed with all the essential nutrients growing bodies and minds need for optimal health. Grouped seasonally and covering all days of the week, from Monday through Sunday (and not forgetting, sauces, treats and drinks), The Low-Carb Solution for Diabetics offers a wide array of choices for every meal of the day and to satisfy all those hunger pangs in between - a happy solution for both busy parents and even busier kids!.



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