



# The All-New Diabetic Cookbook

*Kitty Maynard, Lucian Maynard*

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**The All-New Diabetic Cookbook** Kitty Maynard, Lucian Maynard

Included are traditional recipes, from appetizers to desserts, and new vegetarian recipes using a variety of rice, grains, and vegetables. With recipes for children, it is the perfect book for young and old alike.

A complete guide to healthy eating, *The All-New Diabetic Cookbook* includes up-to-date and easy-to-understand information on eating out, traveling, and stress management. In addition, it provides the ADA's new exchange lists and nutrition recommendations.

Developed by a team uniquely qualified both in the medical care of those with diabetes and in cooking and meal planning, *The All-New Diabetic Cookbook* includes menu plans that accommodate several levels of caloric intake, from 1,000 to 3,000 calories per day. A detailed nutritional analysis of each dish, including the number of calories and percentage of calories that come from fat, follows each recipe.

Beautifully illustrated with full-color photographs and containing more than 400 recipes, *The All-New Diabetic Cookbook* is a book doctors will recommend to their patients. It is a thorough revision of *Cooking for Diabetics*, which has sold over 100,000 copies.

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