



Canada's Everyday Diabetes Choice Recipes

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Managing diabetes doesn't have to mean eating uninteresting food for the rest of your life. Canada's Everyday Diabetes Choice Recipes makes healthy cooking and eating a breeze -- and that's a major step in taking control of diabetes. These tasty and creative recipes can be enjoyed by the entire family. You will be delighted not only by the wonderful variety of flavors, but also by the dozens of great meal planning ideas.

"Some of the delicious recipes included are" Vegetable Minestrone with Sun-Dried Tomato Pesto, Mushroom Barley Pilaf, Salmon with Lemon-Ginger Sauce, Company Roast Pork with Fruit Stuffing, Old-Fashioned Beef Stew, Orange-Basil Chicken Stir Fry, Sweet-and-spicy Cabbage, Orange Pumpkin Snacking Cake, Blueberry Banana Oat Bread.

Nearly 150 healthy and tasty recipes Canadian Diabetes Association Food Choice Values for meal planning Diabetes management advice Nutritional information for each recipe.

Published in cooperation with "Canadian Diabetes Association"

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