



Tell Me What to Eat If I Have Diabetes, 4th edition

Elaine Magee

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Just because you have diabetes doesn't mean you can't enjoy life, eat well, and be healthy!

In this fourth edition of her best-selling title, Elaine Magee clearly presents the latest medical findings on what causes diabetes, available treatments, and the dietary implications of this disease.

She includes everything you need to know to live with diabetes, from using an individualized carbohydrate budget and using the glycemic index and glycemic load, to revolutionary fiber tips, facts about alternative sweeteners, and smart snacking tips.

She's also included these great new additions:

Surprising myths and truths about obesity and weight loss for people with diabetes

Foods that help prevent high blood sugar when paired with foods that usually cause high blood sugar

An expanded section on smart breakfast choices (with carb-counting information)

Quick Carb-Counting Guide and the Diabetes Plate Guide—both of which you can carry with you

New sections on Beans With Super Powers and Intact Whole Grains (each with five new recipes)

Tell Me What to Eat if I Have Diabetes includes dozens of healthful, practical recipes made from familiar, easy-to-find ingredients, plus up-to-date supermarket and restaurant advice.

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From reader reviews:

David Butler:

Have you spare time to get a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to typically the Mall. How about open or perhaps read a book entitled Tell Me What to Eat If I Have Diabetes, 4th edition? Maybe it is to get best activity for you. You realize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have other opinion?

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Keith Kemp:

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