

Diabetes Meal Planning Made Easy



DIABETES MEAL PLANNING MADE EASY

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BOOK DETAILS

- Author : Hope S. Warshaw R.D.
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BOOK SYNOPSIS

Diabetes Meal Planning Made Easy takes the guesswork out of planning meals by teaching you how to eat healthy, one step at a time. A perennial best-seller from the American Diabetes Association, this book has sold more than 80,000 copies and been the go-to diabetes nutrition guidebook for more than 15 years. The all-new 5th edition has been streamlined, updated, and improved to represent the latest ways people treat their diabetes meal plans. Updates include: Revised food groups to reflect changes in nutrition science. Updated food lists for comprehensive meal planning. Completely reorganized content for easier learning and navigation. For years, Diabetes Meal Planning Made Easy has taught people with diabetes how to adapt family-favorite recipes into healthy dishes, strategies for making healthy eating easier, how to lose weight effectively and keep it off, and the ins and outs of portion control.

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