



Diabetic Living Healthy Makeovers for Diabetes: Simple Ways to Transform Your Cooking

Diabetic Living Editors

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Diabetic Living revamps the eating routine with simple ingredient swaps that lead to a healthier, stress-free mealtime.

Adopting a healthy diet doesn't have to be overwhelming or mean bland food. Diabetic Living breaks it all down with a fun, graphic book chock-full of small changes that add up to big results when it comes to losing weight and balancing blood sugar. Kick-start breakfast with ingredients that boost metabolism. Unload carbs and stay satisfied by trying the "new noodles" such as spiralized zucchini; or serve seared scallops over a "fresh bed" of lemony roasted fennel rather than pasta or rice. As you use the book, you'll learn healthy kitchen skills thanks to a dynamic design that calls out when an ingredient or technique swap has been used to make a recipe healthier, such as trading bread crumbs for ground nuts in a crispy chicken coating. Family favorites and restaurant classics alike get retooled to balance portion size and showcase nutrient-packed ingredients. Even mouthwatering desserts have a lighter side.

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Helga Lever:

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Robert Hollinger:

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Joan Green:

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