

Diabetes is a condition in which blood glucose levels are abnormally high. More than 1.7 million Australians have diabetes and 280 new cases develop every day. Making healthy eating choices to help prevent and manage diabetes can be a challenge, so its good to know that the Diabetes Cookbook is a collection of recipes that have been carefully developed and portioned to help you. People with diabetes should eat a diet that is low in saturated fat, added sugar and salt, with plenty of fruit and vegetables. The right amount of carbohydrate foods, such as bread, potatoes, cereals, pasta and rice, is also important. You can live a healthy life when you have diabetes, while still eating many of your favourite foods and Diabetes Cookbook shows you how. More than 140 recipes will take you through the day - theyre healthy, flavoursome and easy!

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