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Diabetic Friendly Cooking: Easy low carb, low sugar recipes download or read online Betty Yells PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, Last year I was diagnosed with Type 2 diabetes. Not something I wanted to hear at all. My blood sugar was 105, which is not too bad, just a bit higher than normal. I told my doctor I was not going to give my self any kinds of shots, so don't even suggest that to me. She laughed, and then said no, no, you don't have to do that, nor do you have to take any pills as long as you start eating the proper foods and loose a few pounds starting now. OK, I thought, that is not so hard. She told me no more cokes, chocolate shakes, junk food, etc. She also said I could eat pasta, but a small amount. I love pasta, I love shakes and I love coke. She told me now and then is OK on that stuff, but only now and then. I was beside myself and wondered what can I eat now. I started looking through books, web sites and talking to other people who have diabetes. I have found there

are a lot of substitutes out there that are just as good. Wheat bread, wheat pasta, brown rice, low fat desserts, they are out there. So I started collecting information and recipes. Soon I started creating my own recipes based on the information I had gathered. This book is the culmination of my efforts. There are 143 diabetic friendly recipes, including main dishes, soups, stews, salads, casseroles, snacks, and desserts. It's not really so bad I am finding. By watching your weight, watching what you eat, and getting lots of regular exercise you can keep your blood sugar down. Give it a try, you won't be sorry.

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