



The New Diabetic Cookbook, Fifth Edition : More Than 200 Delicious Recipes for a Low-Fat, Low-Sugar, Low-Cholesterol, Low-Salt, High-Fiber Diet

Mabel Cavaiani

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With more than 250,000 copies sold so far in its previous editions, *The New Diabetic Cookbook* is a must-have cooking classic for people with diabetes! Newly revised and updated, it contains more than 200 healthful and delicious recipes, as well as the most recent food exchange lists, greatly expanded nutritive tables, and concise information on saturated fat, fiber, and cholesterol. Also new to this fifth edition is a chapter explaining how you can prepare your own mixes for a quick batch of cupcakes, cookies, cakes, or bread.

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Clyde Okane:

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