



Better Homes and Gardens Diabetic Living: Our Best Diabetic Living Recipes

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- More than 500 great-tasting recipes, from carefree desserts to easy-to-fix dinners, are each designed for healthy diabetic living and deliver great taste that's sure to satisfy everyone at the table.
- In 2 special chapters, "Cooking with the Diabetic Chef[®]" and "From Our Kitchen to Yours," you'll visit the homes of families who understand that you needn't cut flavor or satisfaction from food to fit into your meal plan.
- Each recipe includes complete nutritional information, especially what's most important to people with diabetes: exchanges, carb counts, and serving sizes.
- Tips on healthy cooking techniques.
- Expert advice on cooking with sugar substitutes. Recommendations for smart ways to dine out.

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