



# Complete Diabetic Cookbook: Healthy, Delicious Recipes the Whole Family Can Enjoy

*Karin Cadwell, Mary Jane Finsand, Edith White*

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**For the millions of Americans living with diabetes, the *Complete Diabetic Cookbook* offers 2,000 low-sugar, high-flavor recipes, including over 1,000 desserts, that everyone in the family will love.**

**For a diabetic, dietary restrictions are a constant challenge. Author Mary Jane Finsand had been cooking two meals every night -- one for her family and one for a special meal for her diabetic husband -- when she decided there had to be a better solution. She began adapting her favorite recipes for a diabetic diet, and the result is this extraordinarily comprehensive cookbook of more than 2,000 recipes for every type of food imaginable.**

The 2,000 recipes—which range from Hungarian Goulash to Cheese Lasagna to Chocolate Almond Tart and Butterscotch Brownies—are healthy, high in fiber, and low in cholesterol, as well as being easy to prepare. Every recipe is accompanied by the exchange list values from the American Diabetes Association and the American Dietetic Association, meticulously calculated to be accurate for the diabetic. Additional nutritional values are also included, such as calories, fat, carbohydrates, protein, sodium, and cholesterol.

Perfect for the whole family!

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