



# **Raising happy and healthy children with diabetes: A guide for parents and delicious recipes for your child and the whole family**

*Elizabeth Ambrose*

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The diagnosis of Type 1 diabetes affects not only your child but the whole family. You can raise a happy and healthy child by ensuring that your child has the right support team, a diabetes plan suitable for the child and management of the blood sugar levels. This book provides you with a guide about having the right team, keeping track of blood sugar, what to expect and having the right diabetes plan that includes exercise, an eating healthy guideline and meal plans , as well as, delicious recipes for your child and the whole family. Your child does not need special food. The book includes: 7 Breakfast recipes 7 Snack recipes 7 Lunch recipes 7 Dinner recipes 7 Dessert recipes and 7 drink recipes to enjoy! Nutritional information is also included.

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