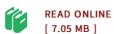




The Basic Basics Diabetes Cookbook

By Jane Frank

Grub Street. Paperback. Book Condition: new. BRAND NEW, The Basic Basics Diabetes Cookbook, Jane Frank, Diabetes is now unfortunately a common health problem. About 1 million people in the UK alone have been diagnosed as sufferers - that's about 3 in every 100 people. It is believed this figure may double in six years. There are estimates that as many as a further 1 million may have diabetes but have not been diagnosed. Of those diagnosed, about 95 per cent are suffering from Type 2 diabetes, this is non-insulin dependent diabetes. Those most at risk are the middle-aged and elderly but increasingly we are seeing diabetes affecting the young. One of the primary causes of Type 2 diabetes is being overweight but happily this form of diabetes is controlled simply by diet and exercise. So understanding nutrition and diet is essential to maintaining your health as a non-insulin dependent diabetes sufferer. Fortunately these days there are no special foods recommended, you should quite simply follow the kind of healthy diet that everyone should be eating, namely at least five portions of food and vegetables everyday and cutting back on convenience foods which are high in fat, sugar and salt -...



Reviews

It in a single of my personal favorite publication. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mr. David Friesen IV

Excellent e book and beneficial one. It is rally fascinating through reading through time period. You are going to like how the author publish this ebook.

-- Prof. Triston Smitham V

You May Also Like



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Vanishing Point ("24" Declassified)

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday. FREE...



Cat's Claw ("24" Declassified)

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday. FREE...



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.