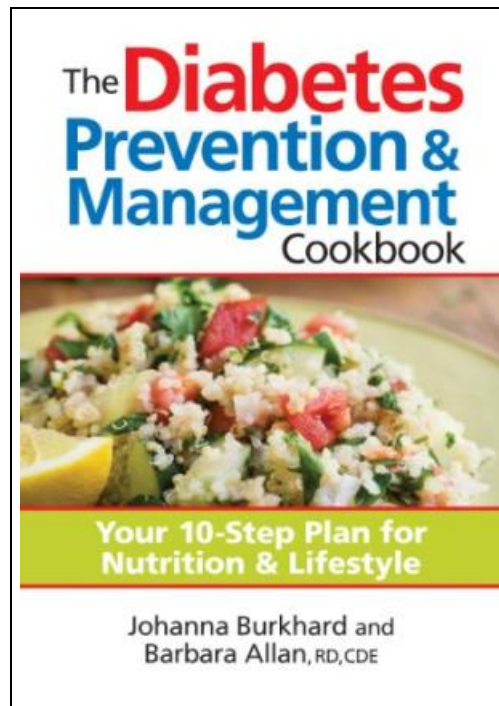


The Diabetes Prevention Management Cookbook: Your 10-step Plan for Nutrition and Lifestyle (Paperback)



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Reviews

Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.
(Prof. Jedediah Kuhic DVM)

THE DIABETES PREVENTION MANAGEMENT COOKBOOK: YOUR 10-STEP PLAN FOR NUTRITION AND LIFESTYLE (PAPERBACK)



To download **The Diabetes Prevention Management Cookbook: Your 10-step Plan for Nutrition and Lifestyle (Paperback)** eBook, please click the link under and save the document or have accessibility to other information that are relevant to THE DIABETES PREVENTION MANAGEMENT COOKBOOK: YOUR 10-STEP PLAN FOR NUTRITION AND LIFESTYLE (PAPERBACK) book.

ROBERT ROSE INC, Canada, 2013. Paperback. Condition: New. Language: English . Brand New Book. The incidence rate of diabetes continues to grow at alarming levels. To combat this worrying trend, the authors provide an easy-to-follow plan in 10 comprehensive steps. All the information is evidence-based and meets the very latest recommendations from experts on diabetes. The programme includes 150 diabetes-suitable recipes that contribute to an enriched, healthy diet for better glucose control, improved lipid levels, lower blood pressure and weight loss - an overall healthier life. The 10 steps are: Step 1 - 3 Squares a Day (eat 3 meals each day, spread 4-6 hours apart); Step 2 - Carbohydrates are Key (eat a carb at each meal); Step 3 - Steady as She Goes (select low and medium glycemic foods most often); Step 4 - The Promise of Protein (eat low fat protein at every meal); Step 5 - Fat: Friend or Foe? (focus on healthy fats); Step 6 - Keep Salt in the Sea (limit sodium to 1500mg based on 1600 calorie diet with maximum 2300mg per day); Step 7 - Think Before You Drink (choosing low calorie, low carb beverages); Step 8 - Shake a Leg (aim for 30 minutes of exercise each day with a blend of cardio and strength training); Step 9 - More Sleep and Less Stress; Step 10 - Win at Losing (lose 5-10 of your body weight, if you re overweight). Following the 10-step plan enables the diabetic to make lifestyle changes that have a positive impact on controlling this disease. And the whole family will enjoy the healthy and delicious recipes. This book provides all the information and support for people to make meaningful changes in their lives without sacrificing taste and convenience.

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