

<<糖尿病食谱指南 Diabetes Co>>

图书基本信息

书名：<<糖尿病食谱指南 Diabetes Cookbook For Dummies>>

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内容概要

This friendly guide covers the latest dietary recommendations and medical information on diabetes and its management. Packed with delicious and easy-to-prepare recipes for all occasions - including a section on packing healthy lunches and picnics - this book helps make mealtimes interesting and healthy. Inside, you'll find expert guidance on the Glycaemic Index, nutritional information and diabetic exchanges for each recipe, alongside lifestyle and exercise advice to help you take control of your condition, eat well, and live life to the full.

书籍目录

Introduction Part I: Thriving with Diabetes. Chapter 1: Living to Eat with Diabetes Chapter 2: Eating to Live with Diabetes Chapter 3: Planning Meals for Weight Loss Goals Chapter 4: Eating What You Like (Within Reason) Chapter 5: Stocking Up at the SupermarketPart II: Healthy Recipes That Taste Great.. Chapter 6: Enjoying the Benefits of Breakfast Chapter 7: Starting Well: Hors d'Oeuvres and First Courses Chapter 8: Sipping Simply Divine Soups Chapter 9: Taking a Leaf from the Salad Bar Chapter 10: Being Full of Beans (and Grains and Pasta) Chapter 11: Adding Veg to Your Meals Chapter 12: Boning Up on Fish Cookery Chapter 13: Flocking to Poultry Chapter 14: Creating Balanced Meals with Meats Chapter 15: Nibbling on Snacks Chapter 16: Drooling over Mouth-Watering DessertsPart III: Eating Away from Home Chapter 17: Eating Out as a Nourishing Experience Chapter 18: Packing a Picnic LunchPart IV: The Part of Tens Chapter 19: Ten (or So) Simple Steps to Change Your Eating Habits Chapter 20: Ten Easy Substitutions in Your Eating Plan Chapter 21: Ten Strategies to Normalise Your Blood Glucose Chapter 22: Ten Healthy Eating Habits for Children with DiabetesPart V: AppendixesAppendix A: Investing in Food Supplements for Optimum HealthAppendix B: Exchange ListsAppendix C: A Glossary of Key Cooking TermsAppendix D: Conversions of Weights, Measures, and Sugar SubstitutesAppendix E: Other Recipe Sources for People with DiabetesIndex

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