



# Power Foods for Diabetes Cookbook: The Top 20 Foods and 150 Recipes for Total Health

*The Editors of Cooking Light Magazine*

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Eating healthy when you have diabetes can be a challenge. Luckily, *Cooking Light* teamed up with the American Diabetes Association to offer a solution: *Power Foods for Diabetes*, a cookbook filled with delicious recipes for both Type 1 and Type 2 diabetes.

Home cooks will discover more than 150 great-tasting dishes featuring heart healthy, high fiber, disease-fighting ingredients such as leafy greens, whole grains, beans, and omega-3 fish. This indispensable collection covers mains, sides, salads, breads, snacks, and even desserts, all tested and perfected by the experts at *Cooking Light*. Each recipe follows ADA's dietary guidelines and is guaranteed to be low in calories, cholesterol, saturated fat, and sodium.

Both a cookbook and a handy reference, *Power Foods for Diabetes* includes valuable advice from Registered Dietitian Jackie Mill on healthy cooking methods, grocery shopping strategies, and how to plan meals using exchange systems and carb counting.

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