



Can I Eat That?: A nutritional guide through the dietary maze for type 2 diabetics

Jenefer Roberts

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Can I Eat That?: A nutritional guide through the dietary maze for type 2 diabetics Jenefer Roberts

Written in a chatty and non-medical style, *Can I Eat That?* guides people through the initial and sometimes frightening stages which follow diagnosis of Type 2 diabetes. It contains an explanation of the nutritional factors behind the disease, and the nutritional factors in foods that are tolerated; and brings these factors together in advice on the choice - and the cooking - of beneficial and tasty foods. The book also contains over 100 various recipes for healthy, nutritious and above all enjoyable meals suitable for people with Type 2 diabetes.

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