



The Good News Eating Plan for Type II Diabetes

Elaine Magee

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An easy-to-follow, personalized eating plan --loaded with the foods you really want!

At last, a book that can help you eat better, stay healthier, and enjoy the foods you love-written by a registered dietitian and bestselling nutrition author. The Good News Eating Plan for Type II Diabetes considers your personal dietary and lifestyle preferences as it provides the tools you need to start making choices that are right for you.

Here is delicious proof positive that it's possible to eat well and stay within the American Diabetes Association's new guidelines. Elaine Magee's nutritionally sound strategies for sensible blood sugar management and weight control will help you create a practical eating plan that will not leave you feeling deprived of your favorite foods. Packed with invaluable information, The Good News Eating Plan for Type II Diabetes includes:

- * 50 healthy and delicious recipes that allow you to enjoy many of the foods you miss most
- * An easy new plan --the C-F-F plan for counting carbohydrates, fat, and fiber --that makes sense of the newest guidelines
- * Scores of tables that help you easily keep track of your diet
- * An easy-to-use supermarket "scorecard" that rates the best-tasting fat-free and sugar-free foods
- * Guidelines for simplified carbo-counting
- * Answers to your most frequently asked questions about food and nutrition

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