



Diabetic Cooking for Seniors

Kathleen Stanley

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An innovative cookbook for older people with diabetes

As people get older, their dietary needs and physical abilities change. This book addresses issues such as decreased sense of taste, difficulty in meal preparation due to arthritis, the need for more fiber, and food-drug interactions with a straightforward problem/solution approach. Quick, easy-to-prepare recipes with five or fewer ingredients arranged in specific categories such as low-sodium dishes, foods with more fiber, and low-cholesterol meals are key in this innovative new book.



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