



# The Essential Diabetes Cookbook: Good Healthy Eating from Around the World

*Antony Thompson*

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According to the American Diabetes Association, 23.6 million children and adults in the United States-7.8% of the population-have diabetes. Diet is one of the most important areas for a diabetic to understand-it's about eating as wide a variety of foods as possible, about increasing the amount of vegetables and fiber you eat, reducing protein and recognizing hidden sugars in foods. Our Western eating habits aren't always the easiest to adapt to diabetic requirements, whereas the everyday diet in other cultures is much more similar to the diabetic diet. The fabulous recipes included in this book come from all the main continents and prove that diabetic food doesn't need to be boring.

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