



# The High Fiber Cookbook For Diabetics

*R.D. Mabel Caviani*

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## **The High Fiber Cookbook For Diabetics** R.D. Mabel Caviani

The idea that diabetics cannot eat proper amounts of roughage is simply not true. Whole grains, fresh vegetables, legumes and fruits that are high in fiber can actually help control blood sugar when eaten in the sensible recipes provided in this book. The latest exchange lists from the American Diabetes Association and the American Diabetic Association will help keep the high-fiber diet flexible and creative. If you or someone you cook for is diabetic, you need no longer avoid the new, healthy, high-fiber foods that insure proper elimination, prevent major illnesses and promote longevity and vigor. From appealing appetizers to delicious desserts, these recipes provide mouth-watering meals sure to satisfy every health-conscious eater - diabetic or not! Mabel Caviani is a registered dietician and the author of six books, including THE HIGH FIBER COOKBOOK and LOW CHOLESTEROL CUISINE.

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