



The American Diabetes Association Diabetes Comfort Food Cookbook

Robyn Webb

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While fancy and sophisticated foods continue to grow in popularity, ask most people what their favorite foods are and the answer will invariably be classic comfort foods: lasagna, meat loaf, mac and cheese, and cake. Unfortunately, most people think that having diabetes means the days of enjoying these hearty classics are long gone, and that their favorite foods are a thing of the past. Author Robyn Webb shows that healthy eating doesn't have to mean giving up on favorite foods! Diabetes can be overwhelming, but it doesn't mean reinventing the wheel when it comes to cooking. Just a tweak here and there and familiar foods can remain favorites, guilt-free, and enjoyed every day.

The American Diabetes Association Diabetes Comfort Food Cookbook creates a “go-to” collection of updated comfort foods for families that need to cook nutritionally sound and diabetic-friendly meals that will satisfy and soothe the souls of the member (or members) of the family with diabetes—and do the same for the rest of the family. No need to cook two meals to please everyone in the household. Now everyone can enjoy the same hearty and nutritious meals. This book will ease the stress of planning meals by offering easy and flavorful recipes and a menu planning guide that allows for mix and match meals that will keep everyone in the family happy, healthy, and satisfied.

Filled with gorgeous original photography and a beautiful four-color design, this cookbook will look as good as its meals. Sprinkled with helpful tips and time-saving advice, *The American Diabetes Association Comfort Food Cookbook* will not only make classic comfort foods healthier and diabetes friendly, it will make them a snap to prepare as well.

Following a diabetic meal plan doesn't have to be a flavorless chore. Now everyone can enjoy the classic foods they know and love!

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