



# Delicious Diabetic Recipes: Low Calorie Cooking (Total Health Series)

*Tarla Dalal*

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When a person is diagnosed to have diabetes, initially there is a lot of panic and shock, both for the person diagnosed and the family. Once this initial, yet natural panic is dealt with, it's important to learn more about the nature of the illness and all that's involved in coming to terms with it. If one has a family history of diabetes, diet control and exercise can delay its onset. These preventive measures will ensure that you live a healthier and fuller life long after you are diagnosed to have diabetes. A diabetic person must also learn more about the ailment itself, as well as how to maintain a healthy lifestyle and acceptable blood (glucose) sugar levels. I sat down with my research team and nutritionists and we gave the matter a lot of serious thought. "Necessity is the mother of invention", they say and that need made me look for ways to tempt the diabetic palate and add more flavour to these dishes without adding unnecessary calories. I have chosen and adapted delicious recipes from various cuisines of the world to pamper the palate as well as help in controlling diabetes. Mouthwatering delicacies have been reworked to make them more suitable for the diabetic person. Ingredients like karela and methi may not sound interesting at all, but if they are cooked in a manner that makes them retain most of their nutritive values and also tempt your palate, then my job is well accomplished. Try the recipes just once and I assure you that you and your family will enjoy them. If a new diet is planned around the normal dietary pattern of the family/person, it will enable the person to accept it more easily. My team of nutritionists has carefully analysed each recipe to ensure that it is absolutely safe for diabetics, and that all the required nutrients are present in the correct amounts. We have also added a food exchange list that will allow a lot of flexibility in the diet and also make allowances for occasional indulgences. Undoubtedly, in small quantities.

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