



# The Art of Cooking for the Diabetic

*Mary Abbott Hess*

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## The Art of Cooking for the Diabetic Mary Abbott Hess

Originally published in 1978, *The Art of Cooking for the Diabetic* has revolutionized the way people with diabetes think about food. Each of the 375 unbelievably delicious recipes--from appetizers and beverages to entrees and desserts--is healthful and packed with flavor. Completely updated to include the latest American Diabetes Association exchanges and nutrition recommendations, this classic cookbook also details how to incorporate the newest fat and sugar-free foods as well as current guidelines for sugar, fat, and sodium.

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