



# Diabetic Living Eat to Beat Diabetes: Stop Type 2 Diabetes and Prediabetes: 175 Healthy Recipes to Change Your Life

*Diabetic Living Editors*

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**An achievable plan for beating type 2 diabetes and prediabetes, with more than 100 photos and complete nutrition information.**

So much more than a cookbook, *Eat to Beat Diabetes* is a lifestyle guide for losing weight, balancing blood sugar, and controlling diabetes for good. The book features the 10 research-based, evidence-proven healthy habits you should adopt to gain control over type 2 diabetes or prediabetes. Each chapter presents a new habit and gives simple strategies and expert tips to make it stick. One chapter, Eat More Fruits and Veggies, includes beautifully photographed features on blending fruit and veggie smoothies and creating easy, produce-packed lunches. A second, Get to Know Portions, offers smart tricks for stretching portions (stir nonstarchy cauliflower into mashed potatoes to double the serving). Lending encouragement throughout are profiles of people who have managed their diabetes and turned their lives around. With a lay-flat concealed wire binding designed for everyday use, this photo-filled book is as much a friendly kitchen companion as an authoritative plan for changing your life.

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