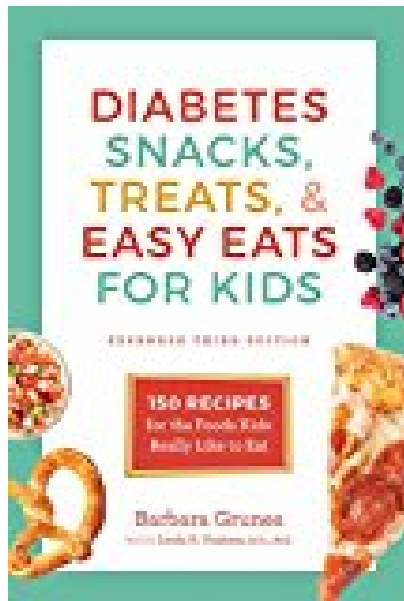


Diabetes Snacks Treats and Easy Eats for Kids 150 Recipes for the Foods Kids Really Like to Eat



BOOK DETAILS

- Author : Barbara Grunes
- Pages : 208 Pages
- Publisher : Agate Surrey
- Language : English
- ISBN : 1572842210

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BOOK SYNOPSIS

This redesigned and expanded third edition of *Diabetes Snacks, Treats, and Easy Eats for Kids* offers even more simple, delicious recipes for healthy, well-balanced diets. Since the book was first published in 2006, the prevalence of diabetes in children has continued to increase. Children under age 19 have seen a 21 percent increase in Type 1 cases, and children ages 10-19 have seen a 30 percent increase in cases of Type 2—a disease that used to be considered an adult condition. But kids will be kids, and when they come home from school, they want a snack that's simple, satisfying, and occasionally sweet. When it comes to dinner, they usually don't have the time or the taste for fancy meals. With this in mind, author Barbara Grunes has developed more than 150 recipes for snacks and meals that kids really like and that stay within diabetic guidelines. Grunes's goal is to help all kids enjoy food that is good for them—even if they have diabetes. Each recipe includes the nutritional information readers need, whether they count carbs or use the exchange method. With recipes like Pizza Puffs, Spud Pancakes, Chicken Fajitas, Ice Cream Cone Cupcakes, and Fruit Turnovers, this book proves that everyone can enjoy familiar and delicious food together. After all, it's not about "good," "bad," or "forbidden" foods—it's about readers feeding their families sensibly.

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