

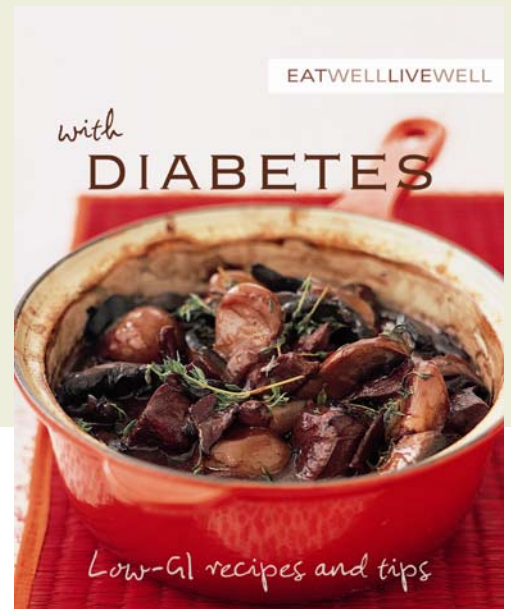


MURDOCH BOOKS

# Eat Well Live Well with Diabetes

## Low-GI Recipes and Tips

<b>Title</b>	Eat Well Live Well with Diabetes
<b>ISBN</b>	9781740459624
<b>Imprint</b>	Murdoch Books
<b>Binding</b>	Paperback with flaps
<b>Extent</b>	192 pages
<b>Dimensions</b>	198 x 160mm
<b>Word count</b>	42,000
<b>Photographs</b>	45
<b>Recipes</b>	110
<b>RRP</b>	\$24.95
<b>Release Date</b>	February 2007



### Description

*Eat Well Live Well with Diabetes* is the next book in the new, contemporary and stylish special diet series from Murdoch Books. This book offers people who need to watch their blood glucose levels a complete book of delicious and innovative low-GI recipes.

*Eat Well Live Well with Diabetes* features an approachable and informative introduction written by respected nutritionist, Karen Kingham. It contains over 100 beautifully presented recipes, each individually selected to achieve a healthy diet and be suitable for anyone suffering with diabetes.

This book is sure to be a welcome addition to diabetic kitchens, with old favourites like country-style vegetable soup to more exotic dishes such as Mongolian Hot Pot.

### Sales Points

- A unique, bold and modern approach to design and styling
- An authoritative collection of low-GI recipes with complete nutritional analysis
- Includes a comprehensive introduction and food that is fresh, fast and appetising

### Previous Titles in the Eat Well Live Well Series

- *Eat Well Live Well with Gluten Intolerance* – ISBN: 9781740459600, RRP \$24.95



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