



The Complete Diabetes Prevention Plan: A Guide to Understanding the Emerging Epidemic of Prediabetes and Halting Its Progression

Sandra Woodruff, Christopher Saudek

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The Complete Diabetes Prevention Plan is a guide to halting the development of diabetes. In clear, accessible language, it explains the stages of diabetes and how the disease process can be arrested. It provides dietary guidelines for preventing diabetes, weight-loss tips, and exercise suggestions. In addition, the book features 150 easy and appealing recipes that emphasize good carbs, healthful fats, and controlled calories—all crucial elements in a diabetes-fighting diet.



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