



Real Food for People with Diabetes (Revised 2nd Edition)

Doris Cross, Alice Williams

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At Last, Homestyle Cooking for People with Diabetes

Dear Friends,

As a diagnosed diabetic, I have struggled the past several years to adapt to a new way of eating. I love food—sweets, old favorites, comfort foods. When I wrote my bestselling *Fat Free & Ultra Lowfat Recipes* I had just lost 100 pounds and needed to find a way to eat that I could live with, day in and day out. I wanted all the foods I grew up with, the ones my mom cooked.

I wrote *Real Food for People with Diabetes* out of personal need. Those recipes and the wonderful additions in this revised edition help me maintain a safe, healthful diet as a diabetic and continue to eat the meals I love. They can help keep you—and your family—healthy and happy, too.

My very best to you,

Doris

A diagnosis of diabetes doesn't have to be a life sentence to tasteless food. You can limit the sugar and fat in your diet without skimping on flavor. Inside, more than 175 easy and delicious dishes—many of them healthful, lowfat versions of old favorites—will show you how. They include:

- Chocolate Chip Orange Muffins
- Cinnamon Raisin Biscuits
- Restaurant-Style Potato Skins
- Avocado and Cream Cheese Sandwiches
- Grilled Italian Veggie Sandwiches
- Tex-Mex Burritos Spicy Jalapeño Chicken Breasts
- Pepperoni Pizza Rolls
- Southwest White Chili
- Raspberry Coffee Cake
- And dozens more!

This revised edition includes 26 delicious new recipes!

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