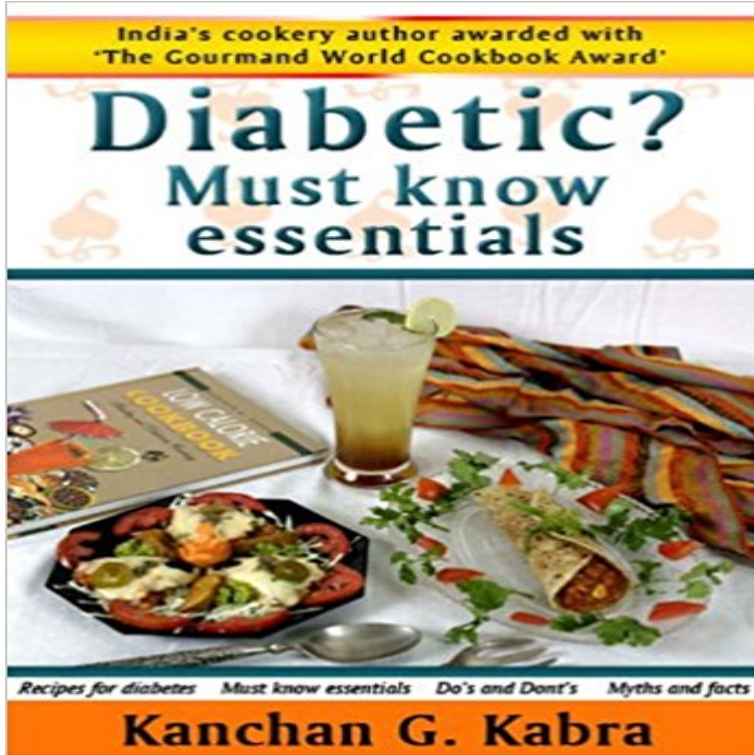


Diabetic? Must Know Essentials



Diabetic? Must Know Essentials by Kanchan Kabra. This book presents a collection of recipes which a diabetic can relish without feeling guilty. Each recipe has been furnished with a view to the nutritional requirement of the individual. It contains vitally important facts like the importance of exercise, soyabean, remedies, preventive tips, dos and donts etc. In short, this book offers the A to Z about delicious and quality diabetic care. Apart from recipes, the book contains other essential information which every diabetic individual must know and follow to live a life free of worry. This author executed idea keeps in mind the increasing number of diabetic patients in the country and their need for proper and palatable diet. This book is a boon for all those who cater to the tastes and care of a diabetic, patients living alone and house makers who want to be precautionous about diabetes in the family history -- avoid the hassles of discussing over it.

List of Recipes :-

- 1) Drinks Blueberry Juice (Jamun ka Ras)
- 2) Soups Italian Clear Soup
- 3) Salads Chick Pea Salad (Chana Salad)
- 4) Breads Daily Bread (Roz ki Roti)
- 5) Vegetables & Curries Fengreek with Bengal Gram Flour (Methi Pitla) French Beans Dumplings with Fenugreek (Fali Gatta Methi)
- 6) Rice & Khichdi Bajra Porridge (Bajra Khichdi) Buckwheat Soya Porridge (Kuttu Soya Khichdi)
- 7) Pitta Pizza Bean Parcel (Kathod Parantha) Open Triangle (Khulle Tricone)
- 8) Desserts Papaya Cream Apple Sandesh
- 9) International Cuisines Sizzler

About the Author : The Author is qualified in Health & Nutrition and Obesity management. The Gourmand World Cookbook Awards? are considered the prime reward and honour for those who Cook with words?. It is the Oscars in the World of Food and Wine, and this Supreme honour was bestowed to Kanchan G. Kabra in Spain for her work, The Paneer Cook Book? When the then President of

USA. Mr. Bill Clinton came to visit Gujarat, India the onus of preparing the menu was given to her. In keeping with her splendid culinary skills and knowledge, she prepared a menu worthy of her revered guests and also of the delicious heritage of the region. The author then presented her bestseller work, The Gujarat cookbook to the impressed president. As a Nutritionist she heartily believes in You Are What You Eat. Your physical appearance tells everything about your diet. Food should not be taken to satisfy your taste buds or fill your stomach. Rather it should nourish all the parts of the body for its proper functioning. She is an acknowledged expert in the field of International Culinary skills and art, and has held various cooking demonstration at many centers in India and abroad. Apart from this she acts as a food Connoisseur to various hotels, food industries, boarding schools and hospitals. She is a regular contributor to many leading newspaper and periodicals and given a number of radio and television programs. She provides recipes and food articles to Femina and even to Femina online. Recently, she has prepared a live cooking demonstration C.D as an option to cookery books. The C.D is superbly designed flashing recipes step by step which would help learners, housewives, teenagers and even the connoisseurs. She believes that cooking is not a chore, not a hobby but a fascination -- a passion for her. For more details you can e-mail: kanchan@kanchankabra.com

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