



Cooking Easy: Healthy Quinoa and More For Diabetics

Samantha Daniel

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Cooking Easy Healthy Quinoa and More For Diabetics The Cooking Easy book centers on meal plans and recipes for diabetics. Diabetes is a condition, if left untreated, can cause great health concerns. The good news is that diabetes is easily treatable with the aid of diet and nutrition. People who eat a well-balanced diet of healthy nutritious foods do better and are able to stay away from the detrimental side effects caused by diabetes. Blood sugar and insulin are affected by the foods we eat, therefore if we consume the right foods we are able to maintain a balance with these within our body. Of all the diet plans out there few offers a great means of providing nutrition for the diabetic. The Paleo Diet is such a diet that helps to encourage the immune system to strengthen. The Stone Age people proved that eating a diet high in natural foods like a lot of vegetables and fruits and lean meats will help to live longer and healthier lives. Research shows these people did not suffer from many of the major illnesses we do today. Their diets played a major role in their good health, their ideal weight and their longevity. Quinoa is a super food that is taking the diet realm by storm. Quinoa is a plant related to beets and spinach and acts much like buckwheat. It is used in recipes to replace flours and even meats. It is gluten free and many on diets that stay away from gluten like the Paleo diet find that quinoa is an excellent addition to their basic foods in the pantry. This book is an excellent addition to the cookbook library for those suffering with diabetes and for those, who by choice, wish to eat better with a strong focus on good nutrition.

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