



Recetas dulces y saladas para diabéticos (Spanish Edition)

Eduardo Casalins

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Uno de los problemas del diabético son las tentaciones por las comidas sabrosas, apetitosas, de buen gusto culinario. Esta situación se profundiza por dos motivos. El primero, que el diabético tiene prohibidos ciertos alimentos, lo que psicológicamente produce rebeldía y mayor deseo de saborear dichas comidas. El segundo, que la dieta clásica del diabético es bastante aburrida y constantemente el enfermo se ve invadido por el deseo de tentarse con “algo rico”. Por eso, saber cocinar para diabéticos es un paso fundamental, de gran ayuda para mantener la dieta controlada y evitar las nocivas tentaciones por los sabores prohibidos o apetitosos. Este libro presenta una cuidada selección de platos salados y dulces para que esto sea posible.

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