

Features the  
**NEW**  
CDA Beyond  
the Basics  
Meal Planning  
Guide



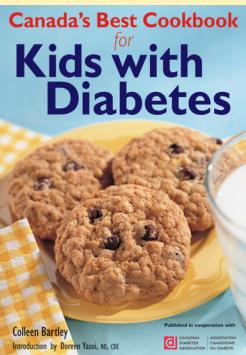
# Complete Canadian Diabetes Cookbook

Over 2 million Canadians live with diabetes, and careful meal planning is the key to managing the disease. The more than 250 diabetes-suitable recipes in this book feature complete nutritional information **based on the new CDA meal planning system**. Healthy cooking and eating become a breeze — and that's a major step in taking control of diabetes. Managing diabetes doesn't have to mean eating uninteresting food for the rest of your life. You'll be amazed at the wonderful variety of flavors you can savor while following your meal plan.

Here are some of the recipes that will make meal planning and preparation a delight:

Corn Chowder with Wild Rice and Roasted Peppers, Garden Paella, Best-Ever Meat Loaf, Salmon with Lemon-Ginger Sauce, Chicken and Eggplant Parmesan, Penne with Wild Mushrooms, Chocolate Coffee Tiramisu, Peach Blueberry Quick Bread, Banana Peanut Butter Chip Muffins



- Also Available**  
Canada's Best Cookbook for  
**Kids with Diabetes**
- 
- More than 250 diabetes-suitable recipes with complete nutritional information
  - Comprehensive diabetes management advice
  - Featuring recipe tips, complete meal suggestions and make-ahead information
  - A wonderful variety of flavorful foods that will fit into your meal plan

**KATHERINE E. YOUNKER, MBA, RD**, is a Certified Diabetes Educator and is manager of the Diabetes Program of Prince Edward Island. This is her third cookbook.

Published in cooperation with



\$27.95 CAN

**Robert  
ROSE**

ISBN 0-7788-0108-X



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Edited by **Katherine E. Younker**  
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