

The Ultimate **DIABETIC** RECIPE BOOK

Hand-Picked
Delicious Recipes
to Reverse
Diabetes
without Drugs



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INTRODUCTION

Diabetes is a common disease characterized by high blood sugar levels. It can affect any organ in the body, though the most severe complications are seen in the area of blood vessels and nerves in eyes, legs, and kidneys.

Diabetes is also known to have many consequences such as eye-related problems like diabetic retinopathy or diabetic macular edema as well as kidney diseases like a diabetes-induced renal injury.

Diabetes is known to be the leading cause of new cases of blindness in adults.

It is common as it can occur in people of any age around the world.

There are two forms of diabetes, called type 1 and type 2.

Type 1 Diabetes:

The pancreas stops producing insulin (type 1 diabetes) and is the most common form of diabetes which mainly affects children.

The beta cells of the pancreas lose their ability to produce insulin as the body attacks them mistakenly thinking they are infected with viruses.

This means that blood sugar levels can't be controlled and people with this disorder have to do regular injections of insulin for life in order to survive.

Type 2 Diabetes:

For this type of diabetes, insulin production is still present but body cells do not react to insulin or they do not react properly and this causes a person to have high blood sugar levels.

This kind of diabetes nearly always happens in adults and this form of the disease often develops slowly over many years.

The symptoms of a diabetic patient usually start gradually with constant thirst, increased need to urinate, fatigue and blurred vision.

Most of the symptoms are not severe and the person can live as normal a life as they could without diabetes.

However, if left untreated, this can lead to other complications and will lead to amputation, eye diseases like retinopathy (cause of cataracts), high blood pressure and even heart failure.

Benefits of Diabetic Recipes

Diabetic recipes can be prepared easily and quickly.

They are also very healthy and low in carbohydrates.

And, they contain a lot of other nutrients.

This means that most people who have diabetes will have an easier time in trying to maintain their diet without confusing it too much with all the different food types.

The recipes are easy to prepare for everyone and do not required any complicated ingredients.

Dietary habits and healthy life style can play a great role in preventing diabetes. Eating a diet high in anti-oxidants, fiber, and phytochemicals which aid the body in fighting against free radicals would be very beneficial.

Dietary changes can help a person control their condition and prevent complications.

Foods like vegetables, fruits, whole grains and increased fiber intake helped to lessen insulin resistance which is the main cause of diabetes.

Diabetes patients must avoid foods that are fatty, sweet or fried. This is because foods that contain cholesterol or trans fatty acids would increase your bad cholesterol levels in your body leading to higher triglycerides levels.

Diabetes is a very common and serious disease that can cause many diseases like high blood sugar levels, eye-

related problems, kidney diseases, heart failure and many more.

This disease requires daily care and preventive measures to control the condition.

Most recipes in this book do not contain any carbs at all and they are rich in anti-oxidants which help in keeping the blood flowing in the body. The recipes also contain fiber which helps digestion.

BREAKFAST

1. Coconut-Berry Sunrise Smoothie



Preparation Time: 5 minutes

Cooking Time: minutes

Servings: 2

Ingredients:

- ½ cup mixed berries (blueberries, strawberries, blackberries)
- 1 tablespoon ground flaxseed
- 2 tablespoons unsweetened coconut flakes
- ½ cup unsweetened plain coconut milk
- ½ cup leafy greens (kale, spinach)
- ¼ cup unsweetened vanilla nonfat yogurt
- ½ cup ice

Directions:

1. In a blender jar, combine the berries, flaxseed, coconut flakes, coconut milk, greens, yogurt, and ice.
2. Process until smooth. Serve.

Ingredient tip: Flaxseed is a great source of anti-inflammatory omega-3 fatty acids as well as dietary fiber. Be sure to choose ground flaxseed (also known as flaxseed meal) instead of whole flaxseed, since it will be easier for your body to digest and absorb their nutritional benefits.

Nutrition Calories: 181 Fat: 15g Protein: 6g Carbohydrates: 8g Sugars: 3g Fiber: 4g