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Nor should you have to go out of your way to make special dishes to be eaten only by a diabetic child or adult, Dr. Polak insists. The entire family will ask for seconds when you serve the nutritious foods featured in his first

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cookbook, Delicious Diabetic Recipes:
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I'd seen too many folks with diabetes run
amok, or well controlled with bland,

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boring 'diabetic' food. Enter diabetes
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Boundaries. OK, it's a little more chef-y
than most of my other American
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ingredient plates, and even gluten-free
fare. Normal fasting blood glucose levels
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terrific resource for anyone who wants to
indulge in mouthwatering, delicious,

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healthful recipes for those with diabetes.
The authors of Diabetic Gourmet
magazine understand that while
diabetics need to carefully monitor their
food intake, they too still crave their
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