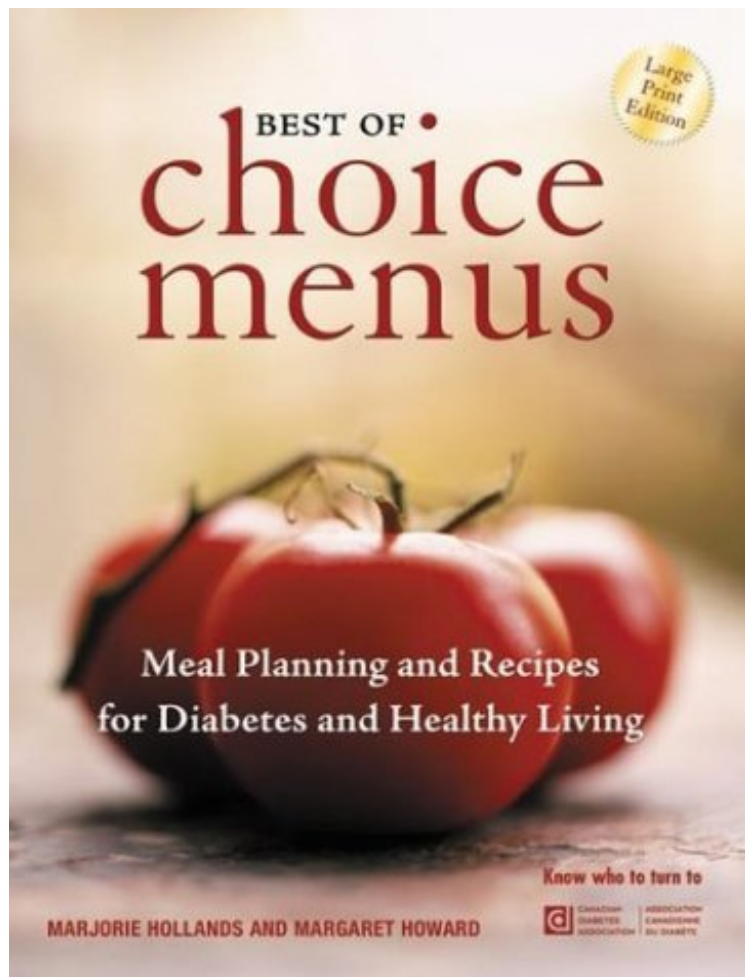


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## Best of Choice Menus: Meal Planning and Recipes for Diabetes and Healthy Living (Large Print Edition)

*Marjorie Hollands, Margaret Howard*

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BEST OF choice menus For more than a decade, Margaret Howard and Marjorie Hollands have provided delectable recipes and enticing menus for healthy eating to those who need to watch their weight or have a health condition, such

as type 2 diabetes. Choice Menus, Choice Menus Presents and More Choice Menus have become staple cookbooks in Canadian homes, and now for the first time, a selection of recipes from those bestselling books is offered in large print. Here are some of the key features of Best of Choice Menus: Nutrition information for every recipe

"I can always recommend the CHOICE MENUS series for solid diabetes and meal planning information. I am pleased to see this fourth book in the series meet the needs of those person with sight difficulties." Helen Bishop Macdonald, MSc, RD Nutrition Consultant  
About the Author  
Marjorie Hollands is one of Canada's best-known diabetes educators and was chief dietician at TRIDEC for over 20 years. She is a former chair of the National Nutrition Committee of the CDA and currently writes and lectures. Margaret Howard is a dietician and food consultant to government and industry. She is the author of many cookbooks, including Eat Well, Live Well; Put a Lid on It! and All Fired Up!