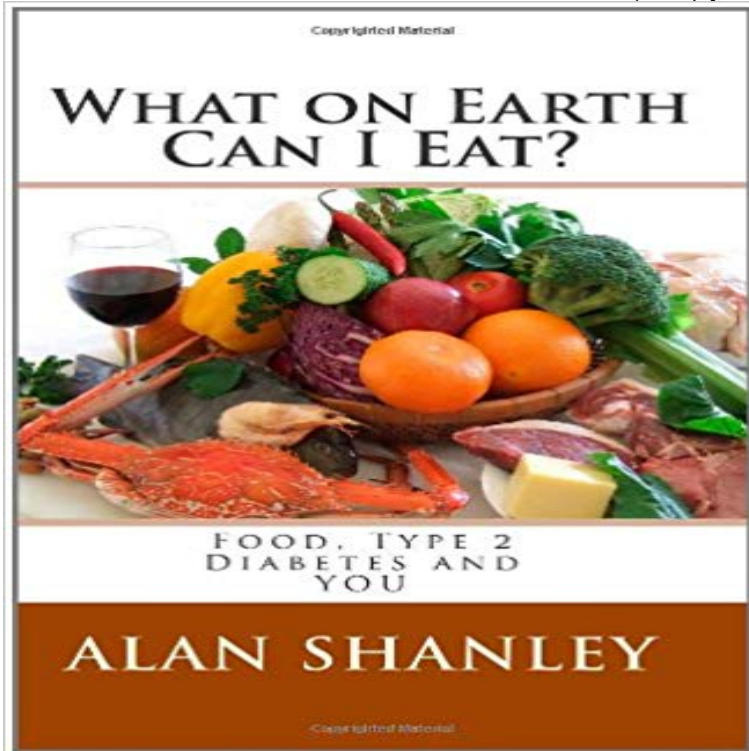


What on Earth Can I Eat?: Food, Type 2 Diabetes and YOU



The author of What on Earth Can I Eat is neither a doctor nor a dietician; he is simply a diabetic who was asking exactly that question in 2002 after he was diagnosed. He spent the years since then on a journey of discovery; initially to try to find the answer for his own way of eating and later passing that knowledge on to others on diabetes web forums around the world. Whether you have just been diagnosed or you have been fighting this condition for many years, it is the single most confusing question facing you as a type 2 diabetic. We are bombarded with conflicting answers from all sides; from doctors, dieticians, diabetes educators, magazines, newspapers, TV, the internet, family and friends. They all claim to be right but many will be wrong. This book is intended to help you answer that question - for you. One of the problems with all of those conflicting sources of dietary advice is that they are generalised. The people promoting the conflicting and confusing array of diets, herbal cures, supplements and other magic bullets do not know you as well as you do. Nor do they know your other medical conditions, your food allergies, your exercise limitations or how your body reacts to different foods at different times of day. What on Earth Can I Eat is intended to show you how to find an enjoyable way of eating that suits you, and you alone, to help control blood glucose levels, achieve and maintain optimum weight, supply good nutrition and minimise the possibility of future diabetes complications. The book also includes an effective weight loss plan and some recipes.

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