



# The Type 2 Diabetes Diet Book, Fourth Edition

*Calvin Ezrin, Robert Kowalski*

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**Lose weight safely and quickly by converting fat into fuel!**

*"The diet itself is remarkably simple. The entire regimen has been scientifically designed to provide good nutrition in a way that will put you on track for the rest of your life."* -- **The Diabetic Reader**

*"The diet designed to decrease insulin production and facilitate conversion of stored fat into burnable energy."* -- **Nutrition Today**

*The Type 2 Diabetes Diet Book* has helped millions decrease insulin production, lose weight, and conquer their “diabesity” and this new edition has been updated to reflect the latest advances in diabetes care. Using this guide, you can design a low-carb, low-calorie diet that helps you shed weight while controlling your diabetes.

New to this edition:

- Recipes and meal plans that reflect current nutrition research and appeal to any palate
- Updated ADA recommendations
- Detailed examination of the link between good sleep and weight loss
- The revolutionary new medication for treating obesity

With quick-reference tables presenting the caloric, carbohydrate, fat, and protein content of common food and drinks, *The Type 2 Diabetes Diet Book*, Fourth Edition is the only guide you need to shed pounds safely and effectively.

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