



# **The Everything Guide to Cooking for Children with Diabetes: From everyday meals to holiday treats; how to prepare foods your child will love to eat**

*Moira McCarthy, Leslie Young*

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All parents want their children to eat well?but for children with diabetes, eating well is not just a preference, it's a requisite. When to eat, what to eat, and how much to eat are critical considerations?all day, every day. But with a little knowledge and planning, you can whip up meals that are as good for your child as they are good to eat, including:

- Ultimate Grilled Cheeseburger Sandwich
- Multigrain Pancakes and Vanilla Smoothies
- Baked Potato Chips and Creamy Spicy Dip
- Taco Salad
- Grilled Ranch Chicken
- Lobster Salad
- Chocolate Cheesecake Mousse

With this cookbook, you can meet the dietary challenges of diabetes with delicious?and doable?meals. From bag lunches and after-school snacks to birthday treats and holiday feasts, children with diabetes *can* enjoy mealtime as much as kids everywhere?every day of the year!

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