

## ***South African Cookbook for Diabetes and Insulin Resistance 1: Hilda Lategan (R175)***

Hilda Lategan is a registered dietician and well-known author from Pretoria, who specialises in the dietary treatment of people with diabetes and insulin resistance.

*The South African Cookbook for Diabetes and Insulin Resistance 1* promotes good blood sugar control and optimal health. It enables one to affordably prepare easy, nutritious meals, follow a healthy diet while still enjoying one's favourite treats, and choose from more than 230 tested recipes made with readily available

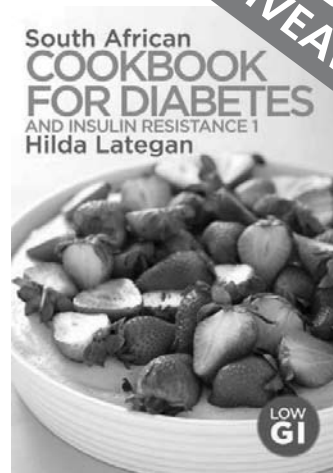
ingredients.

The comprehensive introduction includes important information such as the differences between type 1 and 2 diabetes, and glycaemic index (GI) and glycaemic load (GL), general information on meal planning, and tips for handling special occasions, for example, hiking trips, functions and children's parties.

This cookbook is ideal for diabetics and specialists working with people with diabetes. It is available at most bookstores or can be ordered from the dis-

tributors on 086 1668 368 or [orders@onthedot.co.za](mailto:orders@onthedot.co.za)

The *South African Journal of Diabetes & Vascular Disease* and Tafelberg together are giving away two cookbooks, one each in English and Afrikaans. To win one of these, simply e-mail Wendy on [wendy.icon@wol.co.za](mailto:wendy.icon@wol.co.za) with your name, specialty, address and language preference. The draw will take place on 1 August 2009 and winners will be contacted by e-mail.



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