

**Recommended by
leading experts:**

Everyone can benefit from the topics covered in *Easy Cooking for Special Diets*. The primer on nutrition is not only helpful to the novice, but also to the seasoned food preparer who needs a solid foundation on nutrition in healthy cooking. Certainly the book is a must for cooks at any level to develop both the art and the chemistry of healthy food preparation.

– Nicholas G. Nonas, M.D.
Allergy and Environmental
Medicine, Littleton, Colorado

Easy Cooking for Special Diets amounts to a dose of confidence for cooks of any age. It would make a wonderful, totally appropriate gift to high school graduates heading to college, newlyweds, young people going into their first apartment - or anyone who needs to cook for a special or “just healthy” diet or who is learning to “cook from scratch.” Her clear directions virtually assure first-time success!

– Marjorie Hurt Jones, B.S., R.N.
Author of *The Allergy Self-Help
Cookbook* and co-author of *The
Yeast Connection Cookbook*

Do you need to cook for a special diet? Would you like to be more alert and full of vibrant energy? To avoid “flu” symptoms by using better food handling practices and making wise choices when eating out? To entertain with ease? Then don't miss the messages in this book.

– Ann Fisk, B.S., R.N.
Founder of “An Ounce of
Prevention” and mother of two
young adults

Need to take control of your special diet or weight?

What you eat is vitally important to your health and weight. How can you gain control? Perhaps you have a health condition that requires a special diet and haven't done much cooking. Or maybe you can't seem to take control of what and how much you eat and it affects your weight. Food cravings caused by blood sugar issues or food allergies could be the cause.

With this book you will be able to:

- Avoid eating sugar and get your blood sugar under control without going to dietary extremes that are counterproductive to good nutrition or require you to eat in a way that is impossible to sustain long-term.
- Avoid food allergens.
- Learn more about these and other health problems and the good nutrition that can help correct them.
- Save time and money.
- Learn everything you need to know to cook for a healthy diet – nutrition, basic cooking techniques and terminology, food safety, how to grocery shop and equip your kitchen, and how to manage your time to get it done.

With *Easy Cooking for Special Diets*, you can take control. This book will show you how.

Nicolette Dumke has been cooking for special diets for over 30 years, including food allergy diets for herself and her son, a blood sugar control diet for her husband, and a heart-disease diet for her mother-in-law. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *Easy Breadmaking for Special Diets*, *Allergy Cooking With Ease*, and *The Ultimate Food Allergy Cookbook and Survival Guide*.

Cooking/
Health and
Nutrition

