



# Diabetic Cooking for One and Two

*Michelle Berriedale-Johnson*

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Most health experts agree that the UK is facing a huge increase in the number of people with diabetes. Since 1996 the number of people diagnosed has increased from 1.4 million to 2.8 million. By 2025 it is estimated that over four million people will have diabetes. Most of these cases will be Type 2 (non-insulin dependent) diabetes and happily this form of diabetes is controlled by diet and exercise. So understanding nutrition and diet is essential to maintaining your health as a non-insulin dependent diabetes sufferer. However because of our aging population and rapidly rising numbers of overweight and obese people many diabetics today are either living alone or are a couple. So preparing meals using regular diabetic cookbooks which cater for four or more people can provide meals that are too big and wasteful.

Diabetic Cooking for One and Two solves the problem by offering a collection of easy, tempting recipes in smaller portions. Based on the very latest research it gives nutritional guidelines, a menu planner, advice on how to shop and plan your meals, over 100 recipes all with nutritional analyses catering for contemporary culinary tastes, consisting of meals with a high intake of vegetables, pulses, fruit and whole grains.

Michelle Berriedale-Johnson is an expert on food allergies and intolerances. She has spent all her career in the food business, first as a caterer then as a journalist and food writer. She became interested in special diets over 20 years ago when her son was diagnosed as being dairy intolerant. She set up a food company, Berrydales, specializing in additive free, dairy free, gluten free and egg free foods and a quarterly magazine, The Inside Story, about dietary problems. In 2000 The Inside Story, was renamed Foods Matter, and became a subscription magazine supporting anyone with a food allergy, food intolerance or living on a free-from diet. Foods Matter has now become an online magazine and portal [www.foodsmatter.com](http://www.foodsmatter.com).

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