

## ***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

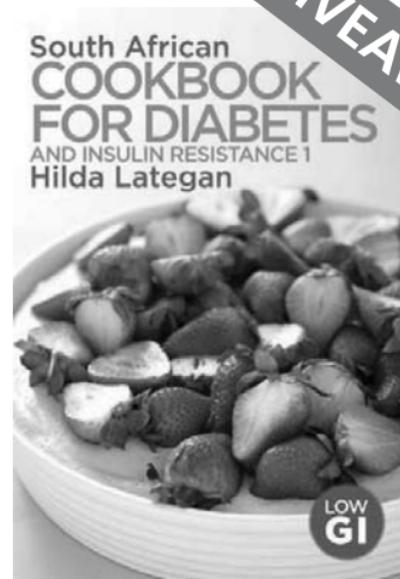
ingredients.

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.



**GIVEAWAY**

Start by marking "South African Cookbook for Diabetes" as Want to Read: Want to Read saving... Want to Read. Statistics show that the incidence of diabetes among South Africans is growing at an alarming rate. This cookbook will help you get your diabetes and insulin resistance under control. It contains more than 100 delicious and healthy recipes using ingredients that are affordable and easy to find, important information about type-1 and type-2 diabetes, pregnancy (gestational) Statistics show that the incidence of diabetes among South Africans is growing at an alarming rate. This cookbook will help you get your diabetes and insulin resistance under control. Keywords: Type 1 Diabetes; Double diabetes; Insulin resistance; Complications; Glycaemic control. Abbreviations: T1DM: Type 1 Diabetes Mellitus; IR: Insulin Resistance; CV: Cardiovascular; MS: Metabolic Syndrome; HOMA-IR: Homeostasis Model Assessment of Insulin Resistance; QUICKI: Quantitative Insulin Sensitivity Check Index; HbA1c: Glycosylated Hemoglobin; LDL: Low-Density Lypoprotein; BMI: Body Mass Index. Pathogenesis of T1DM is different from that of type 2 diabetes mellitus, where both insulin resistance (IR) and reduced secretion of insulin by the beta-cells play a synergistic role [1]. Although the main etiopathogenic mechanism of T1DM is autoimmunity, over the past decade it has been shown that IR also plays a key role in the pathogenesis. This cookbook will help you get your diabetes and insulin resistance under control. It contains more than 100 delicious and healthy recipes using ingredients that are affordable and easy to find, important information about type-1 and type-2 diabetes, pregnancy (gestational) diabetes, impaired glucose tolerance and the glycemic index (GI), nutritional analysis for each recipe, tips for menu planning and shopping lists and inspirational photographs to accompany the recipes. Hilda Lategan has specially selected recipes from the two volumes of her best-selling 'South African Cookbook for Dia...