



Diabetic Dessert Recipes Help Diabetics Satisfy Sweet Tooth!

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Dessert loving diabetic Bob Fleming shares his specially adapted recipes absolutely free to visitors to his website.

PR9.NET December 11, 2005 - Toronto, Ontario - Bob Fleming was devastated when he found out he had diabetes. Not because of the disease itself, but because he thought he had tasted his last lemon meringue pie! But with the help of his wife, Marilyn, he assembled a whole collection of specially adapted recipes he could still enjoy. Now he is sharing them with other diabetics who share his sweet tooth and love of delicious desserts.

Many diabetics don't realize that their favourite traditional desserts can be adapted to suit the diabetic lifestyle. Bob and his wife received contributed recipes from friends and family all over the world, sometimes already adapted and sometimes not. It took Bob some time to try every one of his recipes, because even with special recipes it's still a good idea to limit your intake of sweet food. Folks who need help in rationing themselves will be pleased to know they don't get the recipes all at once, but instead they get one every week, delivered by email right to their computers.

Each recipe carries nutritional information, including Diabetic Exchange information, to make it easy for diabetics to fit them correctly into their diet regime.

Bob's web site, <http://www.TheDiabetesInfoPlace.com>, also contains a wide range of articles, news releases and other information on all aspects of diabetes. Visitors can not only learn many ideas on living with diabetes, but can then sign up to receive one of Bob's recipes every week for a year, absolutely free.

Contact Bob Fleming for more insights into this topic. Direct line: (416) 966-5023 Email: recipes@thediabetesinfoplace.com Other helpful information regarding the can be found at: <http://www.TheDiabetesInfoPlace.com>

For More Information Contact:

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About Diabetes InfoPlace

This is an information site for people living with diabetes. It offers an ever growing selection of articles and other information sources on all aspects of the disease, including symptoms, treatments, food and more. Diabetics who enjoy sweet desserts should sign up to receive free weekly dessert recipes by e-mail.

Website: <http://www.diabetesinfoplace.com>
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