



Delicious Ways to Control Diabetes Cookbook: Book Two

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Nutrition is a key element in controlling diabetes, a disease affecting millions. With this new volume, readers are offered delicious ways to gain control without giving up great food. The book features mainstream recipes with familiar ingredients that employ a limited use of sugar, fats and salt. Vivid, full-color photos guide readers through each recipe with ease. A helpful update section on the disease is also included, featuring new products, treatments, medications and lifestyle issues.



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