



The Other Diabetes: Living And Eating Well With Type 2 Diabetes

Elizabeth N. Hiser

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Our national epidemic of type 2 diabetes, obesity, and heart disease is the price we pay for a diet that is too rich for our modern lifestyle. To fight back, we have focused on eating low-fat foods and quick-fix diets that just don't seem to work. *The Other Diabetes*, a consumer guide to type 2 diabetes, can help you change all that with the optimal eating plan. The Good Fat Diet offers a collection of eighty healthy and wholesome recipes.

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