

Diabetic Living Diabetes What To Eat - Better Homes And Gardens

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The essential cookbook and everyday guide on what to eat when you have diabetes. Diabetic Living magazine's trustworthy resource for anyone living with diabetes gives over 200 recipes and essential advice on what to eat in order to control blood sugar, feel better, and enjoy delicious meals every day. Enjoy carb-smart recipes like Beef Fajitas, Panko-Crusted Chicken, Speedy Pizza Bites, and Layered Brownies. In addition, you'll find the information every newly diagnosed individual needs to know to eat right from how to shop for groceries and read food labels to counting carbs all clearly explained in the magazine's friendly, approachable style. Features include: Chapters covering breakfast, salads, soups, sandwiches, main dishes and slow-cooker suppers, desserts, snacks, and drinks. More than 200 beautiful full-color photographs. A complete intro chapter on controlling blood sugar, counting carbs, navigating the grocery store, stocking your pantry, and more. Full nutrition information and highlighted carb counts provided for every recipe. Author: Better Homes and Gardens Publisher: Better Homes & Gardens Illustration: N Language: ENG Title: Diabetic Living Diabetes What to Eat Pages: 00336 (Encrypted EPUB) On Sale: 2013-03-07 SKU-13/ISBN: 9781118006894 Category: Cooking : Health & Healing - Diabetic & Sugar Free

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