



The Complete Step-By-Step Diabetic Cookbook

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The Complete Step-By-Step Diabetic Cookbook

This book contains approximately 350 delicious, easy-to-prepare recipes tailored for people with diabetes. Exchanges are given for each recipe and are based on the updated American Diabetes Association exchange lists. Basic nutritional information and guidelines are provided for diabetics in addition to tips for using artificial sweeteners and tips for eating in restaurants.

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