



Down Home Diabetic Recipes (Delicious Ways to Control Diabetes Books)

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Down Home Diabetic Recipes makes the transition to a low-sugar, low-fat lifestyle easy and delicious, taking the guesswork out of diabetic meal planning with over 150 easy, quick recipes and 7-day meal planners. Each recipe has no more than 10 ingredients and includes complete nutrient analysis and the latest diabetic exchange values. All recipes have been checked by a registered dietitian to make sure they meet the special needs of people with diabetes.

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