



The Diabetes Food and Nutrition Bible : A Complete Guide to Planning, Shopping, Cooking, and Eating

Hope S. Warshaw R.D., Robyn Webb M.S.

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A comprehensive nutrition guide and cookbook in one. It features the nutrition advice you need and the flavor-rich recipes you crave -- all in one place with no flipping back and forth. Learn about superfoods with the power to protect and heal and get more than 100 delicious and nutritious recipes!



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