

Diabetic Diet Plan: The Beginners Guide to Healthy Eating Keeping the Flavor! (Paperback)



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Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Juliet Mertz)

DIABETIC DIET PLAN: THE BEGINNERS GUIDE TO HEALTHY EATING KEEPING THE FLAVOR! (PAPERBACK)



Hersom House Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Five Star Reviews! Amazing Resource -I loved this book! The recipes and suggestions for healthy eating are superb! Everyone could benefit from the information contained here. I would definitely recommend this to anyone wanting to improve their health, as well as diabetics. You can even eat dessert! Great Food Guide for Diabetics - As a sufferer of Type 2 diabetes, I m always on the lookout for sources of good information about managing my diet and lifestyle. Kay Herson has written a smart, basic food guide for diabetics with a helpful food plan. Even better, she includes 18 recipes for breakfast meals, appetizers, lunch and dinner suggestions and even desserts. I m cooking my first one today! Love the Recipes - My husband has type 2 diabetes and he loves to eat. He was raised much like the authors Mom was and food is a comfort to him. Well it s up to me to provide tasty and healthy food for him. With these recipes and plan he will not feel deprived and not even know he s eating healthy food. The recipes and pictures made me hungry. Great job. Diabetic Diet Plan - The Beginners Guide Healthy Eating Keeping the Flavor! My career exposes me to many individuals who have multiple medical issues relating to diabetes. Unfortunately, poor eating habits and mismanaging glucose (blood sugar) levels may have contributed to their poor health. Heart disease, loss of limbs, poor eye-sight or blindness, and kidney failure that requires dialysis, is common. A year and one half ago my mother was diagnosed with type 2 diabetes. My family immediately envisioned the worst as far as her future health. We knew a change...



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