



Choose Your Foods: Exchange Lists for Diabetes

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This updated edition includes a wider variety of food and beverages and more culturally diverse choices. Combination and fast foods choices have also been expanded. Includes tips on exercise, eating healthy in restaurants, reading food labels, and includes a glossary of diabetes-related terms.

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From reader reviews:

Andrew Martin:

Now a day individuals who Living in the era wherever everything reachable by match the internet and the resources included can be true or not involve people to be aware of each info they get. How many people to be smart in getting any information nowadays? Of course the answer then is reading a book. Reading through a book can help persons out of this uncertainty Information specially this Choose Your Foods: Exchange Lists for Diabetes book because book offers you rich facts and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you probably know this.

John Bergeron:

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Sherry Duncan:

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