



# Healthy Eating:Diabetes: Delicious Recipes For Type 2 Diabetes

*Marlisa Szwillus, Doris Fritzsche*

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If you love cakes and enjoy eating pasta and potatoes but you're worried that you will have to do without them now that you have been diagnosed with diabetes?

You are correct in thinking that a change in diet is the best treatment for Type 2 diabetes, however you can still eat all your favorite foods.

Eating diabetes-friendly meals can still mean enjoying your food - you just have to know how to do it.

This book will show you how easy it is - inside you will find delicious recipes, shopping tips as well as practical advice. More than 90 varied recipes - dishes your family and guests will love as much as you do.

(Marlisa Swillus & Doris Fritzsche)

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hottest in addition to based confirm resource data that maybe you can be among it. This great information could drawn you into brand new stage of crucial pondering.

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