



Simple Everyday Diabetic Meals (Better Homes & Gardens)

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Hundreds of no-fail, mouthwatering recipes bursting with flavor.

Recipes any family can enjoy, including main dishes, sides, salads, even desserts.

Daily diabetic meal plans that don't sacrifice taste.

The latest information for treatment and care of diabetes.

Tips on how to fix healthy foods and keep blood sugar levels in control.

Special section helps parents and kids cope with everyday diabetic issues.

All recipes include diabetic exchanges, prep and cook times, calorie counts, and ingredients lists.

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