



Diabetic Cookbook: Over 50 Superb, High-Fibre, Low Sugar Recipes for Diabetics (Healthy Eating Library)

Michelle Berriedale-Johnson

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This guide to diabetic cooking contains easy to follow recipes with colour illustrations, showing you how to cook delicious meals while adhering to a healthy diet. Also contains nutrition charts and guidelines for eating and living well. In the HEALTHY EATING LIBRARY series.

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