

Valerie Blanchard

THE ULTIMATE
Diabetic
COOKING GUIDE



**50 Unmissable Seafood &
Vegetable Diabetic Recipes**

Worldclass Diabetic Cooking

Frances Giedt, Bonnie Sanders Polin
Ph.D, Bonnie Sanders Polin

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Holzmeister,1997 Tells how to count carbohydrate and fat grams and exchanges and why it s important Dozens of charts list foods serving sizes and nutrient data for both generic and packaged products Also included are charts for fast food restaurants and brand name vegetarian foods

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