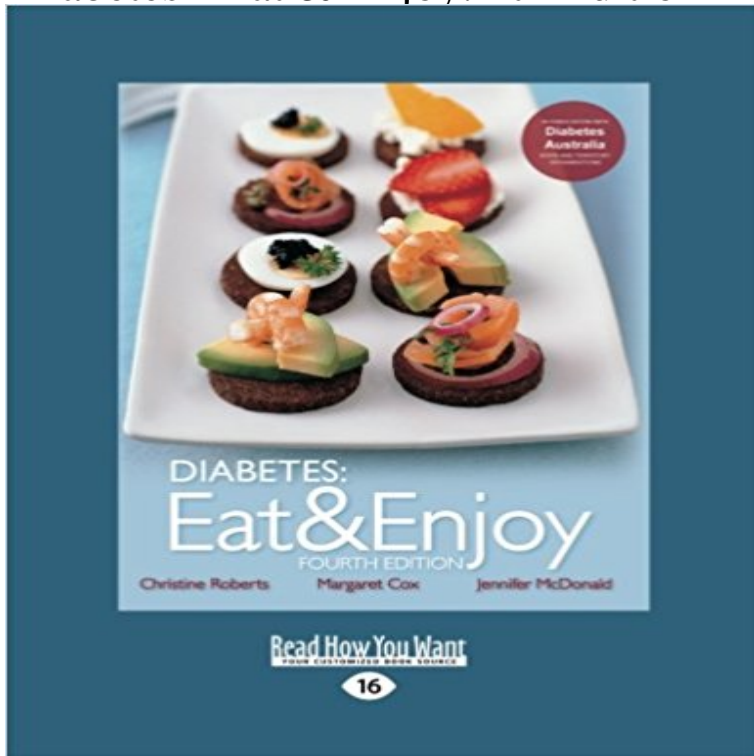


## Diabetes - Eat & Enjoy: 4th Edition



This book explains in simple terms the relationship between diabetes and food, provides guidelines for good management and includes delicious and healthy recipes that are ideal not only for those with diabetes, but for the whole family. Through this book we hope that you will develop more confidence in your ability to maintain good health and to eat with enjoyment.

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