

Diabetic Cooking For One Or Two

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ISBN: 9780778804765 0778804763: OCLC Number: 871768031: Notes: Includes index. Originally published: London : Grub Street, 2013, under title: Diabetic cooking for one

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Cooking Tips for a Diabetic-Friendly Meal - WebMD -

1. Cook with liquid fats in place of solid fats. Solid fats often include saturated fats, which you should limit, or trans fats, which you should avoid totally.

diabetic recipes - American Diabetes Association -

Eating healthful meals is an essential part of managing diabetes. All of our recipes use healthful ingredients and cooking techniques. Try the recipes and our meal