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for each recipe A visual guide to portion sizes with comparisons you'll remember such as a medium potato is the size of a computer mouse The scoop on new artificial sweeteners including Splenda Tips for food shopping including how to decipher confusing food labels and calculate exchanges A Restaurant Travel Guide for 14 cities including New York Boston Chicago Dallas Denver and Nashville Alan Rubin M D is one of the nation's leading authorities on diabetes He wrote the bestselling *Diabetes For Dummies* 1st and 2nd editions and the 1st edition of *Diabetes Cookbook For Dummies* While the cooking tips and great recipes will make you think he's a food guru the doctor in him comes through The book includes Updated recommendations for elderly diabetics Info especially for pregnant or postmenopausal diabetics Ways to promote healthy eating in children Exercise advice just 30 minutes a day protects against the complications of diabetes With all this information and these recipes you'll manage to eat very well while you manage your diabetes *Holly Clegg's Trim and Terrific Diabetic Cooking* Holly Clegg, 2007-06-22 Hundreds of recipes you'll swear are too good to be good for you Holly Clegg has created a Trim Terrific cookbook perfect for people with diabetes Filled with over 250 diabetes friendly recipes it's packed with meals that are quick easy and delicious Forget the hassle of diabetes menu planning and rediscover the joys of great food Effortless recipes great food and all of it in under 30 minutes or less it doesn't get any easier than this

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