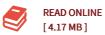




## **Diabetes Good Food Choices**

### By Ruby M. Brown

Basic Health Publications. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.8in. x 5.9in. x 0.1in.A healthy diet, along with regular eating habits, should be an important feature of daily life. It should include a variety of foods, from all food groups--plenty of vegetables and fruits, and breads and cereals: some dairy foods, lean meats andor meat alternatives; and a small amount of polyunsaturated and monounsaturated fats, but particularly for diabetics to assist with blood glucose control and to help control weight. In Diabetes, Good Food Choices, culinary author and food-technology educator Ruby Brown makes managing diabetes easy and fun, by applying her unique flair for modifying traditinal favorite foods to suit specific dietry requirements. All recipes in this book satisfy the nutritonal guidelines suitable for diabetes and overall healthy eating. Unless otherwise stated, the recipes use whole-grain cereal products, low-fat diary products, and minimal sugar and fats. Traditional favorites have been reduced in fat, sugar, and salt where necessary, and boosted with fiber where possible. in the interest of diabetes management and heart health, the margarines and oils used are plant-based monounsaturated and polyunsaturated types, rather than the heavier animal fats like butter and cream. And, to further promote...



#### Reviews

Good eBook and helpful one. It really is writter in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was writtern very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book. --- Lyda Davis II

### **Other Books**



### Phonics Fun Stick Kids Workbook, Grade 1 Stick Kids

### Workbooks

Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.3in.Learning to read is a fun and exciting time in a childs life, and being able to decode words is an important skill that gives young readers...

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## Scala in Depth

Pray

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By presenting the emerging best practices and designs...



### The Day I Forgot to

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary fiveyear-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



### Kindergarten Reading Stick Kids Workbook Stick Kids Workbooks

Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.3in.Every day your child is acquiring skills needed for entry into the world beyond family and home. Arrival at school brings many new experiences, perhaps most importantly,...

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### Patterns and Sequence Stick Kids Workbook, Grade K Stick Kids

Workbooks

Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.2in.Knowledge of patterns enables us to make predictions and solve problems. Noticing patterns in nature and in home routines and observing the sequence of daily events strengthens...

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### Estrellas Peregrinas Cuentos de Magia y Poder Spanish

Edition

Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in.First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature Were all walking stars, the eighty-four year...