



Diabetes: Good Food Choices

Ruby M. Brown

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In *Diabetes: Good Food Choices*, culinary author and food technology educator Ruby M. Brown makes managing diabetes easy and fun, applying her unique flair for modifying traditional favorite foods to suit specific dietary requirements. A nutritional analysis is provided for each recipe, detailing calories, total fat, saturated fat, fiber, carbohydrates, sodium, and protein per service and for the entire recipe. Includes 100 plus delicious recipes and key information and dietary strategies for managing diabetes, and an extensive quick-reference glossary of diabetes-related terms and concepts.

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