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Tasty Recipes for People with Diabetes and Their Families

by Alan L. Rubin, MD with Cait James, MS Diabetes Cookbook FOR DUMmIES • 3 RD EDITION

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Delicious Diabetic Recipes - DDV CULINARY

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The best choices in this group are skim or non-fat milk, low-fat cheese and non-fat yogurt. Remember, low-fat dairy products have all the vitamins and calcium of higher fat dairy foods. Cut the Sugar: Choose a diet low in sugar. Sugars include white sugar, brown sugar, corn syrup, honey, molasses and others.

Department of Health & Human Services N E B R A S K A

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