



# Healthy Eating Cookbook: "Diabetic Recipes"

*Martha Wooden-Perez*

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## **Healthy Eating Cookbook: "Diabetic Recipes"** Martha Wooden-Perez

Making the right dietary choices can have a profound impact on our health and longevity. As a society, we have the largest assortments of foods in the world, both good and bad. However, this availability can tempt us to eat unhealthy foods. Fortunately, overcoming these temptations is easier than you think. A few simple changes in your diet can make the difference between being healthy and unhealthy. So, you may ask, what kind of diet do researchers recommend for promoting and maintaining good health? Healthy Eating Cookbook for a Diabetic has the answer. Eat Your Way to Better Health.

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