



Diabetic Dinners

Jean Paré

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Proper nutrition is crucial to effective diabetes management but that doesn't mean meals need to be bland or boring! "Diabetic Dinners"(OS), now available in Original Series format, offers easy mealtime solutions, snacks and even desserts that can be part of a healthy diet. Every recipe was specially developed and kitchen-tested with valuable input from people with diabetes and their families. The recipes include nutritional information and meal-planning choices, and many even have kid-friendly variations. Delicious meals higher in complex carbohydrates and fibre and lower in fat, sugar and sodium, are something the whole family can appreciate!"

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