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Diabetes Meals on the Run: Fast, Healthy Menus Using Convenience Foods

Betty Wedman-St. Louis

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From fast foods to frozen entrees to deli takeout to salad bars, there is an abundance of tasty, convenient meal options catering to our hurry-up lifestyles. But as a person with diabetes you must follow strict nutritional guidelines and things can be quite a bit more complicated. Written by a leading national diabetes educator, *Diabetes Meals on the Run* is the first-ever guide to adapting fast foods and convenience foods to a diabetes nutrition regimen.

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