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Taste of Home Down Home Diabetic Cookbook: 300 Tantalizing Dishes With Less Sugar, Salt and Fat... but Featuring Full Flavor!

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This book proves that reducing one's intake of calories, cholesterol, sodium, and fat doesn't have to mean forgoing flavor. All 300 healthful and hearty recipes, from snacks, salads, and soups to meaty main meals, even breads and desserts, have been thoroughly tested in the Reiman Publications test kitchens. 192 color photos.

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