



# **Tell Me What to Eat if I Have Diabetes, Fourth Edition: Nutrition You Can Live With**

*Elaine Magee*

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# Tell Me What to Eat if I Have Diabetes, Fourth Edition: Nutrition You Can Live With

*Elaine Magee*

New sections on Beans With Super Powers and Intact Whole Grains (each with five new recipes)

*Tell Me What to Eat if I Have Diabetes* includes dozens of healthful, practical recipes made from familiar, easy-to-find ingredients, plus up-to-date supermarket and

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