COOKING FOR DIABETIC



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Cook with liquid fats in place of solid fats. If a recipe calls for solid fat like butter, lard, or hydrogenated shortening, try trans-fat free margarine, spreads, or shortening instead. Check the label to see whether the product will work for cooking or baking. Many liquid fats -- oils such as canola, corn, olive, http://ebookslibrary.club/download/Cooking-Tips-for-a-Diabetic-Friendly-Meal-WebMD.pdf

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