



Foods That Combat Diabetes: The Nutritional Way to Wellness

By Maggie Greenwood-Robinson

HarperCollins Publishers Inc, United States, 2008. Paperback. Book Condition: New. 173 x 109 mm. Language: English . Brand New Book. Foods That Combat Diabetes breaks down the research and makes recommendations that anyone can understand. Instead of only listing foods that should be avoided by people with diabetes, this book will also focus on the diabetes healthy foods. A comprehensive nutrition counter featuring over 2000 foods, broken down by serving size and disease fighting properties, makes this book the perfect grocery store companion. Readers will be excited to learn that maintaining good health isn't just about saying no to their favorite foods, but about saying yes to other healthy, delicious options.



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