



# Canada's 250 Essential Diabetes Recipes

Good nutrition is the cornerstone of effective diabetes care and management, and these classic recipes are not only nutritious, but also delicious and easy to prepare. The whole family will enjoy them, so there's no need to prepare separate meals for family members who are managing diabetes. With recipes for every meal and occasion, this book is a wonderful resource for everyday living. Every recipe features Canada's Choices and nutritional information, and helpful daily menus take the guesswork out of meal planning.



- important facts about diabetes and diabetes management
- tips on choosing and preparing healthy foods
- advice on how to make meals and snacks diabetes-friendly
- details on how to use the nutrition information that appears with each recipe

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Published in cooperation with



\$29.95 CAN



ISBN 978-0-7788-0269-3



PRINTED IN CANADA

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