



Discover how some simple changes can transform your most-loved dishes into diabetes-friendly meals.



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the Diabetes Comfort Food diet

Think you can't indulge in some of your favorite comfort foods because you're managing diabetes? Think again! You can have it all — you just need to be smart about how you do it. This *Prevention*-approved plan is designed to give you the tools you need to manage or reverse insulin resistance while continuing to eat the foods you love. The plan is based on the latest research and introduces an easy-to-follow three-step program that promotes healthy glucose levels and weight loss.



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