

Canada's Diabetes Meals for Good Health

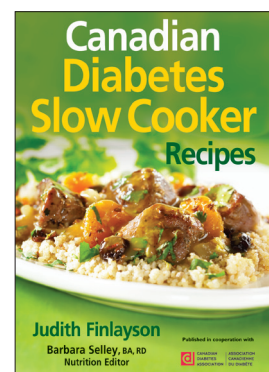
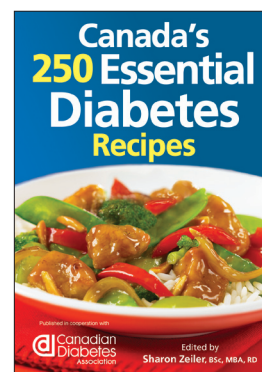
SECOND EDITION

Carefully planned, nutritious meals and sensible portion sizes are an essential part of successful diabetes management. This bestselling cookbook, now fully revised and updated, will help you choose a meal plan that's right for you, with delicious recipes and balanced meal options for all the meals of the day, plus suggestions for healthy snacks, all in an easy-to-follow format.



- Take the guesswork out of meal planning
- Manage both diabetes and weight while eating your favorite foods in moderation

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\$29.95 CAN

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KAREN GRAHAM is a Registered Dietitian and Certified Diabetes Educator. For the past 30 years, she has been a nutrition counselor, specializing in helping people lose weight and in preventing and treating diabetes.

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Includes Complete Meal Plans and 100 Recipes



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Karen Graham, RD
Certified Diabetes Educator