

**DIABETES COOKING 101: MASTER DIABETES  
COOKING WITH 101 GREAT RECIPES**

**Kristene Kassem**

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If you don't have a dinner plan, don't panic and don't reach for your phone to order takeout—just wing it in the kitchen. Choosing healthy snacks can be difficult when you have diabetes. The All-New Diabetic Cookbook includes menu plans that accommodate several levels of caloric intake, from 1. But healthful food doesn't have to be dull, and nor should it mean giving up all. Diabetes is a disease that results in high glucose, or sugar levels in the blood, which can lead to serious complications. Serving Size 2 conchas y la mitad de la salsa Calories Total carbohydrates 13g Total fat 6g Protein 15g. A diagnosis of pre-diabetes doesn't mean that diabetes is inevitable. This new series continues with an all-new everything-you-need-to-know guide to making diabetic-friendly meals.