



Diabetes Meal Planning Made Easy : How to Put the Food Pyramid to Work for Your Busy Lifestyle

Hope S. Warshaw

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Putting the food pyramid to work sounds simple enough, but frequent changes in nutrition recommendations make it important to stay well informed and up-to-date. This revised second edition of *Diabetes Meal Planning Made Easy* reveals:

- the latest information on the six food groups and how to incorporate them into a healthy diet
- how to make smart choices about sweets, fats, and dairy products
- how to shop smart at the grocery store
- and more.

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