



Forbidden Foods Diabetic Cooking

Margaret Powers, Joyce L. Hendley

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This groundbreaking new cookbook dispels the myths about diabetes and "forbidden foods" by showing people how they can incorporate into their meal plan many food items they assume they must avoid. *The American Diabetes Association Forbidden Foods Cookbook* includes more than 150 recipes which feature fried chicken, cheesecake, fettucine alfredo, devil's food cake, and many others.

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