



Recetas sabrosas para diabeticos (Cocina Y Salud / Cooking and Health) (Spanish Edition)

M. Szwillus, D. Fritzsche

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Le acaban de diagnosticar diabetes? No se asuste, no es el unico. Cada vez mas personas, de todas las edades, con exceso de azucar en la sangre. La mejor forma de evitar que la enfermedad se agrave y aparezcan complicaciones consiste en efectuar un cambio de dieta a largo plazo.

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