



Cooking Light Eat Smart Guide: Diabetes- Recipes, Hints, Tips: 84 Fast, Family-Favorite Recipes

Editors of Cooking Light Magazine

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From the most respected cooking authority, "Cooking Light East Smart Guide: Diabetes" is a digest-sized book filled with diabetes-related recipes, tips and techniques that give readers the tools to make smart choices. For those living with diabetes or caring for someone who does, dinner can be a delicious experience once again with this handy, quick-reference, throw in your bag guide. The editors of "Cooking Light" have edited down the array of diabetes-related topics to empower readers with quick bursts of useful information.

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