



The Whole Foods Diabetic Cookbook

Michael Cook, Patricia Stevenson

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There are an estimated 16 million people with diabetes in the United States, almost 6% of the population. If you have diabetes, following a vegetarian diet can provide you with many health advantages which may reduce the risk of developing complications of diabetes later in life. This new edition is full of up-to-date nutritional information, including: health benefits of a vegetarian diet, achieving and maintaining a healthy weight, exercise, dealing with stress, meeting nutrient needs, cooking, shopping tips, menu planning, and more. These new and updated recipes are both delicious and healthful.

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