



# Eat Well Live Well with Diabetes: Low-GI Recipes and Tips

*Karen Kingham*

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## **Eat Well Live Well with Diabetes: Low-GI Recipes and Tips** Karen Kingham

True to title, *Eat Well Live Well with Diabetes* is not only a cookbook. It's also a guide book for people with type 1 or 2 diabetes. This book features straightforward, low-GI recipes and lifestyle information ranging from risk factors, healthy carbohydrates and the glycemic index, and a how-to for smart shopping.

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