



Diabetes Diet: 28 of the Healthiest Foods for Diabetics. Learn What to Eat and Drink and What to Avoid (diabetes, diabetes diet, diabetes books)

Ralph Simpson

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Have you recently been diagnosed with diabetes? Let's face it, diabetes is a tough disease. But just because you are diabetic doesn't mean that you can no longer enjoy your favorite foods and flavors. It's more about making smart choices that will help you manage your diabetes, improve your overall health and help you live the life you want to lead. In this book, we'll take a look at 28 of the healthiest superfoods, not just for diabetics, but for anyone looking to eat right. You'll learn more about the benefits of eating foods rich in antioxidants, vitamins and minerals and how these foods can help you reach your nutritional goals. We will also share some of the foods to avoid, those that can adversely affect your blood insulin level. And, to help you incorporate these superfoods into your new diet plan, we've shared some easy recipes to help you get started. It's a great way to take the first step to a healthier you!

Here's a quick look at while you will find in this book:

- The Body's Fuel Source: Breads, Grains and Starches
- Eat Your Veggies Please!
- An Apple a Day May Just Keep the Doctor Away: Fruits
- The Building Blocks of Life: Meats, Beans and Nuts
- Got Dairy?
- Fats and Oils, Oh My!
- Quench Your Thirst: The Importance of Hydration
- Superfoods, Super recipes

Getting Your FREE Bonus

Read this book to the end and see "**BONUS: Your FREE Gift**" chapter after the introduction and conclusion.

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