



Mr. Food's Quick and Easy Diabetic Cooking

Art Ginsburg

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This book is it - the result of Mr. Food's chance meeting with Nicole Johnson, Miss America 1999, and his desire to respond to fan requests for creative, tasty, and quick recipes for people with diabetes. With more than 150 no-nonsense recipes, plus helpful hints for keeping you on track, this book is a must-have. After all, a healthy lifestyle is vital to everyone.

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