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## DELICIOUS DISHES FOR DIABETICS

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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Delicious Dishes for Diabetics, Robin Ellis, The Mediterranean diet is now recognised as one of the healthiest in the world. Robin Ellis shows how by simply following such guidelines as eating plenty of fresh fruit and vegetables, cooking with olive oil not butter, seasoning food with herbs and spices rather than salt, avoiding red meat, excluding foods such as white potatoes, white rice and white bread, by limiting dairy products...

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- Authored by Robin Ellis
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