

Cocina para diabeticos/Cooking for diabetics (Spanish Edition)

Olga Aude Rueda



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Conozca los diferentes tipos de diabetes que existen y cuales son los cuidados alimentarios que en cada caso se requieren. Pruebe con las exquisitas y sencillas recetas que le ayudaran a cuidar sus niveles de glucosa para conservar la salud.

In this book, you will learn more about different types of diabetes and the specifics diets that you must follow in each case. Enjoy some easy and delicious recipes that will help you to keep low blood sugar levels, in order to maintain good health.

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