



Mr. Food: Diabetic Dinners in a Dash

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Mr. Food and the American Diabetes Association are proud to present an all new cookbook, Diabetic Dinners in a Dash. This cookbook contains over 150 Fast and Fabulous Guilt-Free Recipes that will have everyone saying "Ooh It's So Good!". Every recipe contains nutritional information, portion sizes, and easy-to-follow directions that will put delicious meals on your table every night.

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