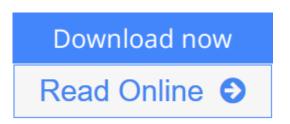


## Choose Your Foods: Exchange Lists for Diabetes

From Brand: American Dietetic Association



**Choose Your Foods: Exchange Lists for Diabetes** From Brand: American Dietetic Association

This updated edition includes a wider variety of food and beverages and more culturally diverse choices. Combination and fast foods choices have also been expanded. Includes tips on exercise, eating healthy in restaurants, reading food labels, and includes a glossary of diabetes-related terms.

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