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# THE DIABETIC'S HEALTHY EXCHANGES

## COOKBOOK

### JoAnna M. Lund

author of *Healthy Exchanges Cookbook*

"I'm  
recommending  
[JoAnna's  
recipes] to  
all my diabetic  
patients."

—Donna S.  
Conway,  
R.N., B.S.N.,  
M.A., C.D.E.

"...creative,  
fun, EASY,  
very tasty...  
my diabetic  
patients'  
favorites!"

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Guthrie,  
R.D., C.D.E.



Real food for people  
living in the real world with diabetes

Introduction by Janet Meirelles, R.N., B.S.N., C.D.E.

# Diabetics Healthy Exchanges Cookbook

**Guillaume Favre**



## **Diabetics Healthy Exchanges Cookbook:**

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