



# **What to Eat if You Have Diabetes (revised): Healing Foods that Help Control Your Blood Sugar**

*Maureen Keane, Daniella Chace*

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### Fully updated based on the latest research

This new edition of *What to Eat If You Have Diabetes* is an invaluable guide to helping patients, their families, and their caregivers develop an individualized program for stabilizing blood sugar and maintaining an all-around healthy lifestyle. The book features revised diabetes management guidelines, new lab tests, and the latest research on gestational diabetes, hypoglycemia, and insulin resistance. New whole-food diet plans, additional menus and recipes, and instructions for carbohydrate counting are also included.

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