



## Month of Meals: Ethnic Delights

*American Diabetes Association*

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# Month of Meals: Ethnic Delights

*American Diabetes Association*

## **Month of Meals: Ethnic Delights** American Diabetes Association

The award-winning breakfast, lunch, and dinner menu planning series has been completely revised to reflect the most recent updates in nutrition values and exchange information. What hasn't changed is that fats, calories, and exchanges are already figured for the reader--automatically.

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