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for yourself or the family,
instead of buying ready

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meals and processed foods,
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your weekly shopping bill..

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Peggy Woodward, RDN Updated:

Aug. 24, 2020 Making a

dinner that's healthy for
people with diabetes, and
delicious enough for
everyone, doesn't have to
take a lot of time.

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1 or Type 2 diabetes, or if
you're on a low sugar diet.

If a recipe has mashed
potato as a serving
suggestion - swap for a
simple green salad or
vegetables.

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