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Diabetes Diet Options: What to Eat, When to Eat, and How To Regain Your Health

Marian Hays

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Diabetes Diet Options: What to Eat, When to Eat, and How To Regain Your Health Marian Hays Whether you've just been diagnosed or have lived with diabetes for some time, Diabetes Diet Options covers basic facts and guidelines you should know, served up in a fast and easy to consume format. Use it in determining your approach to better health. Consider it a Quick Start Guide. The rising rates of obesity in this country have also led to rising rates of Type 2 diabetes. Today, one in 11 adults is afflicted with the disease. Over 29 million people have the disorder, with 8 million of them walking around undiagnosed and unaware of their sensitive insulin condition. You have several diet options. Read them here, see how you can fit them into your lifestyle or decide how you need to alter your lifestyle to live a longer, healthier one. The benefits of eating a healthy diet are for everyone, but for a diabetic there can be even more reasons to follow a nutritious meal plan. Keeping a stable blood glucose level is the biggest reason for a diabetic to follow a diabetic diet. It takes commitment and patience to choose and stick with a healthy plan. But it gets easier and the results become motivating. Some families discover this is a perfect opportunity for all family members to make more healthy food choices. This may also save others from having the same diagnosis of diabetes. Be aware that the tendency to develop diabetes is considered hereditary, or at least follows family lifestyle. You do have options. Be proactive. Live long and prosper. Healing can happen!

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