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Written by Jill Weisenberger, a registered

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dietitian nutritionist, certified diabetes educator, certified health and wellness coach, and author of the American Diabetes Association bestselling book, *Diabetes Weight Loss—Week by Week*, this comprehensive guide will lead you through dozens of concrete steps you can take to reduce the risk of developing type 2 diabetes and other lifestyle-

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Get Smart on Carb Counting - American Diabetes Association

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Guidelines from the American Heart Association also recommend that saturated fat be <7% in those with diabetes, given their increased risk of CVD (45,46). Intake of trans fat should

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be minimized. Optimal macronutrient mix

Standards of Medical Care in Diabetes-2006 | Diabetes Care

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