



# Easy Diabetic Meals: For 2 or 4 Servings (Better Homes & Gardens)

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**Easy Diabetic Meals: For 2 or 4 Servings (Better Homes & Gardens)** Better Homes and Gardens  
Detailed explanation of diabetes, the role diet plays, and food exchanges.

Tasty recipes that provide ingredient lists and clear instructions to prepare both 2 and 4 servings.

Meal planning is less stressful for new diabetics with easy menus for 1500, 1800, and 2000 calories.

Recipes for breakfasts, snacks, main dishes, sides, and even desserts.

Includes tips on entertaining, dining out, and holiday cooking.

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