



# What Do I Eat Now?: A Step-by-Step Guide to Eating Right with Type 2 Diabetes

*Patti Geil, Tami A. Ross*

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The DIY approach to a diabetes diet!

What Do I Eat Now? is the single best resource for people with diabetes to learn how to eat right and eat healthy with diabetes. Each chapter explains a vital concept of diabetes nutrition in easy-to-understand language. "Tell Me What to Eat" meal plans and recipes at the end of each chapter get readers started on a lifetime of healthy eating. Don't waste time trying to figure everything out from scratch when What Do I Eat Now? gives readers a step-by-step plan for understanding how to eat right. Learn as you go by cooking healthy, nutritious, and flavorful diabetic meals!

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#### **Jennifer Knott:**

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