



# Diabetes Diet: How to Eat Right to Beat Diabetes

*Raleigh Turner*

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## **Diabetes Diet: How to Eat Right to Beat Diabetes** Raleigh Turner

The instances of persons with diabetes are on the increase and as such it is becoming increasingly important for persons to not only learn what diabetes is but to learn how they can prevent the onset of the disease or keep it under control if they are diagnosed with it. "Diabetes Diet: How to Eat Right to Beat Diabetes" teaches the reader what diabetes is, what the various forms of diabetes are and outlines the various forms of treatment that are currently available. If not kept under control, diabetes can lead to someone's demise; that is why it is important to know as much as possible about it.



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