

The New Soul Food Cookbook For People With Diabetes
By Fabiola Demps Gaines, Roniece Weaver M.S.

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Diabetes. HOME PAGE. Diabetic Cooking - March/April 2005. Publications International. magazine . The New Soul Food - Cookbook for People with Diabetes.

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Filmmaker Byron Hurt grew up eating lots of soul food: grits and scrambled eggs covered with cheese, buttered biscuits smothered with gravy, bacon, collard

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Adapted from "The New Soul Food Cookbook for People With Diabetes, Second Edition," by Fabiola Demps Gaines and Roniece Weaver

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