

Download The Kids Food And Diabetes Family Cookbook

Food. Eating well is one of life's greatest pleasures. Having diabetes shouldn't keep you from enjoying a wide variety of foods including some of your favorites. To receive the latest news on nutrition, fitness, wellness and diet along with recipes and product info direct to your inbox, sign up for our FREE award winning newsletter, Dole Nutrition News. Find healthy, delicious family and kids dinner recipes, from the food and nutrition experts at EatingWell. Diabetes puts people at a very high risk of having a heart attack or stroke. To address this problem, the American Heart Association and the American Diabetes Association created a heart-healthy cookbook for people with diabetes.