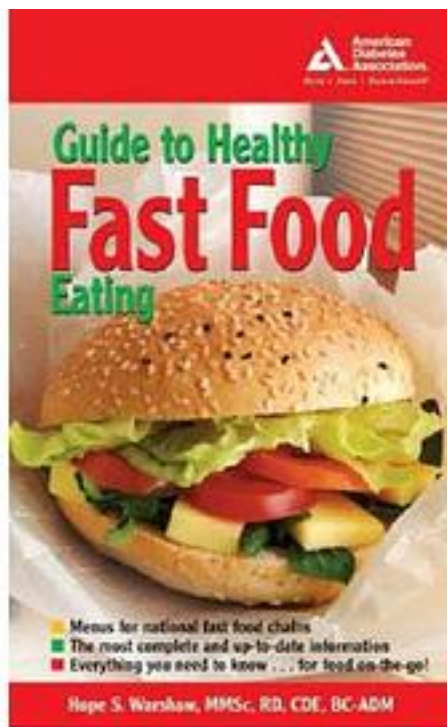


# Guide to Healthy Fast-Food Eating



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What diabetics must know about fast food This is the most complete and easy-to-use fast food guide for people with diabetes, pre-diabetes, heart disease, and weight challenges. Along with nutrition information, this book provides the skills and strategies you need to create healthy meals in 13 of the most popular fast-food restaurants in America.

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