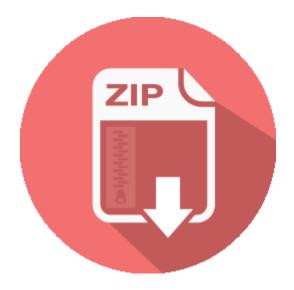
# **RECIPES FOR DIABETES 2**



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EatingWell's best diabetes-friendly recipes featuring seasonal produce of summer. Ingredients including fresh peaches, corn, tomatoes, peas, and raspberries shine in these easy recipes for breakfast, dinner, lunch, and dessert.

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# **Diabetes friendly recipes BBC Good Food**

However, we understand that you sometimes may want a little more guidance when making your food choices and that's why BBC Good Food and Diabetes UK have teamed up to highlight some recipes that encompass all the principals of eating well for diabetes.

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# 10 Best Snacks for Type 2 Diabetes Everyday Health

Eat this diabetes snack with five multigrain-crackers or spread on a slice of whole-grain bread. Or, for a change of pace, have it with a small serving of fruit, such as a handful of grapes.

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# 7 Easy Breakfast Ideas for Type 2 Diabetes Everyday Health

7 Easy Breakfast Ideas for Type 2 Diabetes Try these blood-sugar friendly breakfast options that will keep you

healthy and still get you out the door on time. By Hedy Marks

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# The Best 10 Delicious Diabetic Smoothie Recipes

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