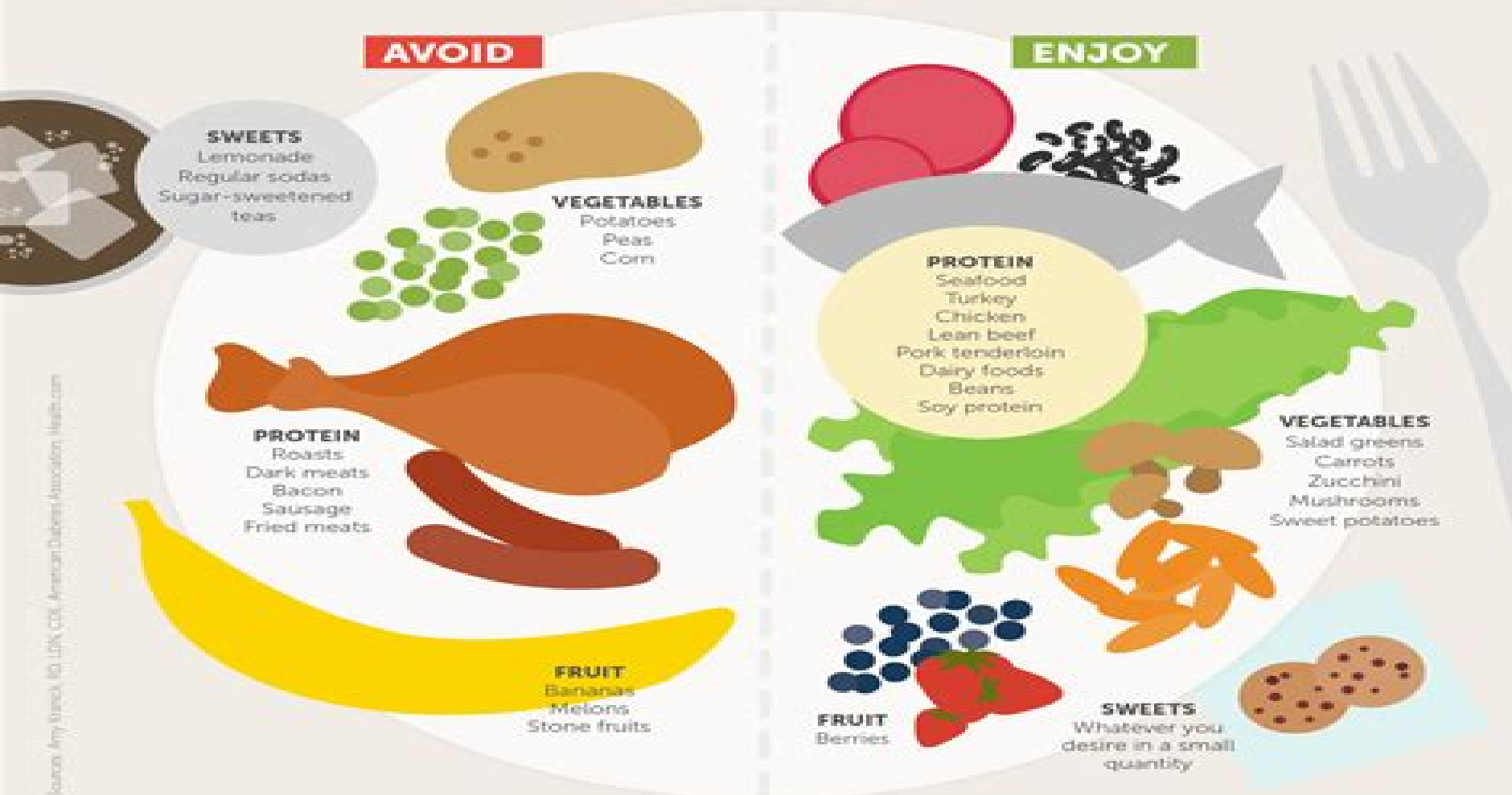


Struggling to fill your plate with blood-sugar friendly foods? Skip the starchy and processed foods on the left, and instead opt for these healthy choices on the right.

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Asapscience Diets For Diabetics

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