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Sommario/riassunto

"What Should I Eat is based on 60,000 blood tests taken after nearly every meal the author's eaten for the past 34 years. What Should I Eat will be life changing if: you're a TYPE2 DiABETiC who wants to lower your blood sugar and lose weight, or you're a PREDIABETiC or BoRDERliNE DiABETiC who wants to avoid ever getting diabetes, or you're a TYPE 1 DiABETiC who wants to improve blood sugar control and live a long, healthy life, or you're one of the two thirds of American adults who want to Lose Weight!,"--