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The Heart-Smart Diabetes Kitchen cookbook. It features over 151 recipes made with canola oil - one of the healthiest cooking oils available. This cookbook will allow you to serve dishes that are low in saturated fat.

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Diabetes and heart disease are closely linked. People diagnosed with type 2 diabetes, in particular, tend to have higher levels of cholesterol and blood pressure which contributes to heart disease risk. As with most complications of diabetes, maintaining good blood glucose control is a key way to avoid the development of heart disease.

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