



# 101 Tips on Nutrition for People with Diabetes (101 Tips Series)

*Patti B. Geil R.D., R.D. Lea Ann Holzmeister R.D.*

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**101 Tips on Nutrition for People with Diabetes (101 Tips Series)** Patti B. Geil R.D., R.D. Lea Ann Holzmeister R.D.

In this new edition, diabetes experts Patti Geil and Lea Ann Holzmeister provide handy tips on meal planning, general nutrition, managing medication and meals, shopping and cooking, weight loss, and more.

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