

001 Delicious Desserts People Diabetes

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Turkey, and Lemon Cloud Pie, among others. 20 Easy Diabetes-Friendly Desserts | Martha Stewart According to Melinda Maryniuk, a certified diabetes educator and the director of care programs at Joslin Diabetes Center in Boston, "Nothing is really off limits. You have to watch your carbohydrates but can enjoy any dessert in moderation as long as you plan for it." The smart choice? Desserts that are less concentrated in carbs and sugar.

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