



Beyond Rice and Beans / Mas alla del arroz y las habichuelas: The Caribbean Latino Guide to Eating Healthy with Diabetes (English and Spanish Edition)

Lorena Drago M.S.

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Written in English & Spanish, Más allá del arroz y las habichuelas is a long-awaited resource for dieticians and people who want to manage their diabetes but don't want to sacrifice the mainstay of their cultural identity.

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