



# People With Diabetes Can Eat Anything: it's all about balance

*Jane K. Dickinson*

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**People With Diabetes Can Eat Anything: it's all about balance** Jane K. Dickinson

Written for people with diabetes and those who care about them, *People With Diabetes Can Eat Anything: It's All About Balance* provides readers with the tools to feel empowered, confident and prepared to go out into the world and make healthy choices. Through humor and a conversational approach, the author anticipates questions, provides answers, and puts readers at ease. This book is about strength - it's about managing diabetes successfully and getting on with life.

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