Diabetes-content

4

Subject: Diabetes On A Budget

Quick email today.

Is money tight? That’s OK. It is still possible to eat a healthy diet and keep your diabetes under control.

This is a terrific article that shows you specific foods you can eat that won’t spike your blood sugar or break the bank.

Click the link below to get these recipes now!

==> http://www.diabeticconnect.com/diabetes-information-articles/general/553-10-diabetic-friendly-foods-to-eat-on-a-budget <==