

Southern Style Diabetes Cooking By Martha Chitwood

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Southern Style. Prepared as a participant in the Southern, Cajun, Creole Tag September 2009 Event in the Cooking Photo Forum.

Martha chitwood (author of southern style

Martha Chitwood is the author of Southern Style Diabetes Cooking (4.50 avg rating, 2 ratings, 1 review, published 1996)

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I bought this for my mother as a Christmas present. She loves southern food, but her diabetes makes it difficult for her to eat many of the foods she grew up with.

Southern- style diabetic cooking (book, 1996)

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Nov 19, 2006 but my son is diabetic so I use Splenda in place of the sugar and Grandma's Red Hot Southern Sweet Potatoes; Sweet Potatoes Mexican Style;

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