



Diabetes: How Food and Alcohol Affect Diabetes: The most important information you need to improve your health (The Everything® Healthy Living Series)

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If you or a family member has been diagnosed with diabetes, you may feel overwhelmed by the challenges associated with this disease. The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to improve your health. With a diabetes diagnosis comes a careful consideration of your diet. Here is expert advice on what to eat, what to avoid, and the importance of diet's effect on your glucose levels. You may be living with diabetes, but that doesn't mean you can't enjoy a healthy—and happy—lifestyle!

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