



Dr. Buynak's 1-2-3 Diabetes Diet

American Diabetes Association, Greg Guthrie, Robert Buynak

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An easy-to-follow, clear-cut guide to weight loss for anyone with diabetes

As a general practitioner, Dr. Buynak has helped hundreds of patients with diabetes control their disease. Using this experience, he put together a diet plan that works. No fad diets, no quick-fix gimmicks. The 1-2-3 Diabetes diet is a straightforward approach to weight loss that helps you make small changes to your lifestyle and your approach to health--changes that last a lifetime. Starting with easy, general adjustments to eating behavior and progressing to meal planning, Dr. Buynak's program allows you to choose just how in-depth you want your diet to be.

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