

NO MONEY
NO TIME

FREE HEALTHY EATING AND COOKING RESOURCES FOR PEOPLE WITH DIABETES

Created by **Dietitians** at the University of Newcastle



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Healthy Eating Quiz™ -
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**Evidence-based, practical
diabetes nutrition
information**



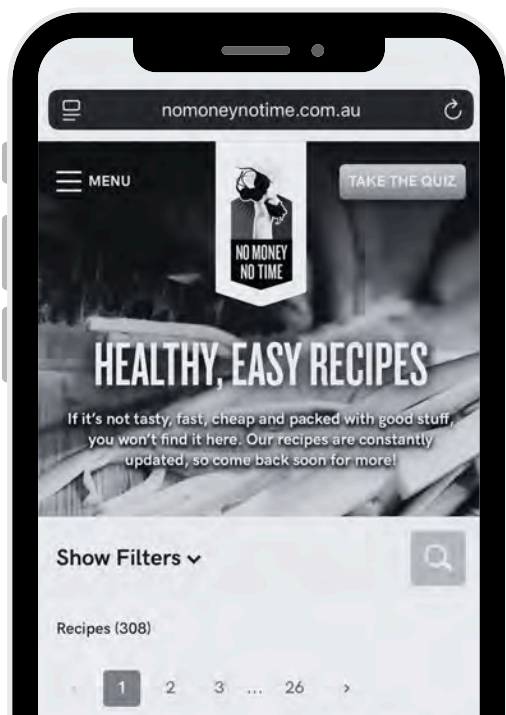
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