



Benefits of adding food education sessions to an exercise programme on cardiovascular risk factors in patients with type 2 diabetes

Vasconcelos, C., Cabral, M., Ramos, E., & Mendes, R. (2021).

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Journal of nutritional science, 10, e59.

DOI: [10.1017/jns.2021.50](https://doi.org/10.1017/jns.2021.50)