



## spotlight on health

### A Diet Fit For Diabetes Can Make A Difference

(NAPSA)—Millions of people in the world live with diabetes. As more are diagnosed each day, the American Diabetes Association (ADA) faces two challenges: searching for a cure and dispelling the fears most people have when they are diagnosed.

One common fear is that a diagnosis of diabetes means that you won't be able to enjoy life—especially at meal times.

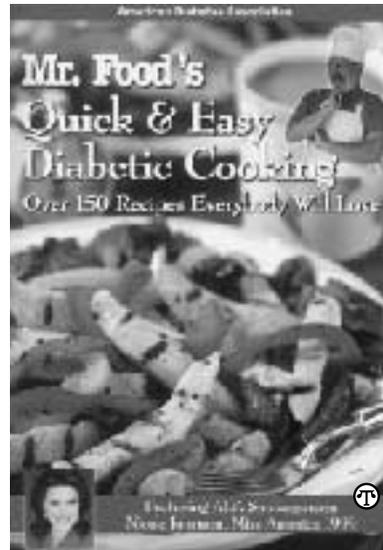
"The first question that patients ask me is about their diet," said Dr. Yetto Bedetermined. "As a physician, I think it's important to guide patients to the right reference materials so that they can learn how to eat properly."

Recently the ADA turned to a man known for his quick and easy food philosophy—television chef Mr. Food. The request was no surprise, since Mr. Food often receives letters and e-mails pleading for diabetic recipes that are tasty, quick and not boring.

"I love a challenge! And after much research, hard work and a lot of cooking—my *Mr. Food's Quick and Easy Diabetic Cooking* was born—to offer hope and make mealtime more enjoyable," said Mr. Food, also known as Art Ginsburg.

*Mr. Food's Quick & Easy Diabetic Cooking: Over 150 Recipes Everybody Will Love* (American Diabetes Association, \$16.95) contains commentary by Nicole Johnson, American Diabetes Association spokesperson and Miss America 1999.

With mouthwatering recipes that range from Parmesan Spinach Dip to Tiramisu, Mr. Food's efforts have dashed the myth that



**A new cookbook offers healthy eating ideas for people with or without diabetes.**

diabetes can zap the everyday pleasure of eating.

The book's easy-to-prepare delectable recipes range from appetizers to main dishes, even sinfully delicious desserts.

All of the recipes use off-the-shelf ingredients and feature tips, nutritional information and ADA exchanges.

The cookbook offers healthy eating ideas for people with or without diabetes.

As Mr. Food always says—every meal will end in an "Ooo it's so good!"

The book is the 30th cookbook in the Mr. Food series. Visit bookstores or to order an autographed copy, call toll-free 1-800-232-6733, Monday through Friday 9 a.m. to 5 p.m. EST.