

## Books Worth Reading

### A Plan For Managing Diabetes And Weight

(NAPSA)—There's good news for those with diabetes. Many feel they must choose between maintaining a healthy weight and managing their glucose levels. A new book says that it's possible to do both.

Registered Dietitian and Certified Diabetes Educator Jill Weisenberger has created a handbook with a one-year plan to help people with diabetes reach their weight-loss goals.

*"Diabetes Weight Loss—Week by Week is the dietary owner's manual you've been looking for." —David Grotto, RD, LDN, author of 101 Foods That Could Save Your Life!*

**NO FADS, NO TRICKS**  
Just simple, sensible steps for losing weight for a lifetime!



# DIABETES WEIGHT LOSS

## Week by Week

### A safe, effective method

*for losing weight and improving your health*

Snack smart

Eat out with confidence

Set achievable goals

Create positive, supportive situations



**JILL WEISENBERGER, MS, RD, CDE**

**Author Jill Weisenberger says it's possible for those with diabetes to control their glucose levels and lose weight.**

The book, "Diabetes Weight Loss—Week by Week: A Safe, Effective Method for Losing Weight and Improving Your Health," is published by the American Diabetes Association. It discusses calories, keeping a food log, understanding carbs, introducing physical activity, and understanding what limitations you may have due to certain medications.

In addition to work sheets and action steps, the book also contains tips on how to halt negative self-talk, tame nighttime nibbles and conquer cravings.

To learn more or to order, call (800) 232-6455 or visit [www.diabetes.org/weightloss](http://www.diabetes.org/weightloss).