

A Recipe For Living Well, Eating Right, Loving Life

(NAPSA)—From the time she was a little girl, food played a central role in singer Gladys Knight's life.

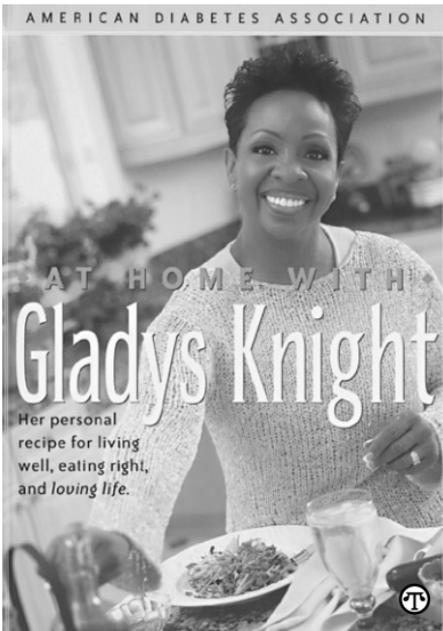
In her book, *At Home With Gladys Knight: her personal recipe for living well, eating right, and loving life* (American Diabetes Association, \$16.95), Knight explains how one of her favorite childhood treats was eating doughnuts at midnight, and how every family get-together was a celebration of southern cooking. As a result, her battle with the bulge began early in life.

More than wanting to be slim and strong—to look good and sound great on stage—Knight was concerned about healthy living for herself and her children. Her mother was diagnosed with diabetes at the age of 30.

Working with a personal trainer, the entertainer finally found a plan that she could stick to. Now the grandmother of 10 is looking and feeling great. In her new book, she shares her plan.

Although Knight was quite fond of doughnuts and deep-fried foods, she learned to make small improvements, gradually incorporating more vegetables into meals and substituting chicken for red meat. She also found that it helps to eat small meals throughout the day, because it doesn't raise your blood sugar so high and you don't store fat.

Knight learned from first-hand experience that fad diets and strict eating programs may help you shed a few pounds quickly, but the results never last. Regular exercise is the best best for looking and feeling good. Any form of



A new book sums up Gladys Knight's secrets to successful weight loss.

activity can work—dancing, fishing, walking all burn calories. There is no one size fits all road to fitness, says Knight, who likes tennis, aerobics, weights and stretching, but had to slowly work up to this regimen.

In the book, Knight also includes dozens of her own favorite recipes that are not only healthful, but delicious, such as Spicy Apple Salsa, Chocolate Almond Smoothie, Curried Tuna and Fruit Salad, Old Time Beef Stew and Banana Bran Muffins.

The kitchen-tested recipes include ADA exchanges and are approved by leading dietitians.

The book can be ordered toll-free from the American Diabetes Association at 1-800-232-6733 or through amazon.com.