

Healthy Cooking

Tips To Help You

Heart-y Eating Advice For Diabetics—And Everyone Else

(NAPSA)—Nutritionists may have some good news about your health: Wise lifestyle choices can not only reduce the risk of developing diabetes and heart disease, but for people who already have these conditions, the right choices can help them manage their health.

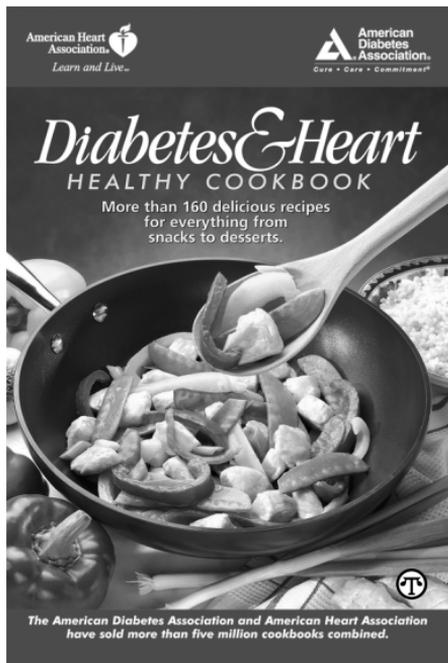
With this in mind, the American Diabetes Association and the American Heart Association have teamed up to create the new “Diabetes & Heart Healthy Cookbook” (American Diabetes Association). The more than 160 taste-tested recipes follow the nutritional guidelines of both organizations and are good for anyone seeking a more healthful diet.

The recipes are divided into Appetizers and Beverages, Soups, Salads, Seafood, Poultry, Meats, Vegetarian Entrées, Vegetables and Side Dishes, Breads and Breakfast, and Desserts. Nutritional information—including calories, fat, cholesterol, sodium, carbohydrate and protein—comes with every dish.

Among the tempting options:

Orange And Dried Plum Bars Serves 24; 1 3/4-inch square per serving

- Vegetable oil spray
- 1 cup regular or quick-cooking oats
- 1 cup whole-wheat pastry flour or all-purpose flour
- ¼ cup sugar
- ½ teaspoon ground cardamom
- ¼ teaspoon ground nutmeg
- ¼ teaspoon baking soda
- Whites of 2 large eggs
- 1 orange
- 3 tablespoons canola oil
- 1½ cups fruit butter, such as dried plum or apple



A new cookbook shows just how easy good-for-you meals can be, whether you're concerned about diabetes, heart health or just taste.

Pastry flour is a low-gluten flour milled from soft winter wheat. Some cake, piecrust and muffin recipes (but not breads) call for pastry flour because it produces a finer, lighter texture than all-purpose flour. Whole-wheat pastry flour utilizes all the kernel (bran and germ), making it very nutritious. Whole-wheat pastry flour is denser than regular pastry flour and imparts a rustic, earthy quality to the finished product. Look near the other flours and baking ingredients in supermarkets for these products.

Learn more at AmericanHeart.org/cookbooks or store.diabetes.org. The cookbook is also available at (800) 232-6733 and most bookstores.