

BOOKS WORTH READING



Making Better Health A Page Turner

(NAPSA)—It may be possible to read your way to better health.

Here are just a few new books designed to help readers achieve longer, healthier lives:

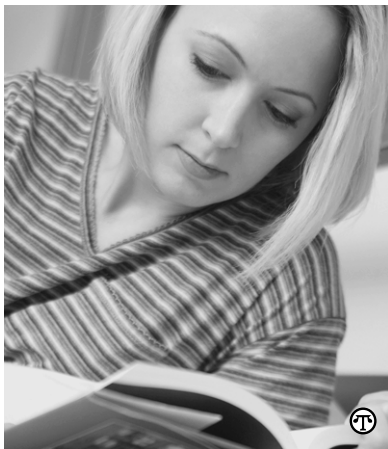
- “Small Steps...Big Rewards” (Small Steps Press, \$19.95) outlines some healthy lifestyle choices and weight-loss plans proven to help delay or prevent type 2 diabetes and its devastating complications.

The federal Diabetes Prevention Program (DPP) recently established that the rising epidemic of type 2 diabetes can be turned around through modest lifestyle changes and by losing a moderate amount of weight. The book provides the tools for health and includes tips on maintaining motivation.

- “The Disease Prevention Cookbook” (American Diabetes Association, \$14.95) debunks some popular disease myths and takes the mystery out of calorie counting and portion control. More than just a cookbook, this guide also provides four personalized diet plans as well as over one hundred easy and inspiring recipes.

Can diet really help prevent disease? According to this cookbook, the answer is yes—and you don’t have to sacrifice flavor to eat healthy. The cookbook includes such recipes as blueberry pancakes, citrus olive crab salad and Santa Fe casserole topped with corn bread.

- “200 Healthy Recipes in 30 Minutes or Less” (Small Steps Press, \$16.95) offers more than 200 quick and tasty low-fat recipes. It also teaches readers how to organize the kitchen so that food preparation time is drastically reduced. Yummy recipes



Many excellent new books offer sage advice on how to live healthier lives.

include mini corn cakes, creamy pumpkin soup, quick chili, rigatoni with eggplant and mushrooms, plus Caribbean pork chops.

- “Dr. Gavin’s Health Guide for African Americans” (Small Steps Press, \$14.95) explains why paying attention to diet and exercise is essential to avoiding major illness. He devotes chapters to the power of emotion; obesity; high blood pressure; heart disease, stroke and cholesterol; diabetes; kidney disease and cancer. The book offers a health plan that’s inviting and not overwhelming.

- “Graham Kerr’s Simply Splenda Cookbook” (Small Steps Press, \$12.95) details the way Kerr, known as “The Galloping Gourmet,” has reduced his use of white sugar to create dishes with fewer calories.

The recipes from Roasted Vegetable Lasagna to Cream of Tomato Soup to Apple Pear Brown Betty were designed to be flavorful and nutritious.