

Winter Favorites That Pack Flavor, Not Calories

(NAPSA)—In theory, it should be simple to maintain a healthy weight—just balance your food intake and activity level. Yet for most Americans who are overweight, losing weight and maintaining the loss are anything but simple. It is especially difficult during the winter, when cooler temperatures mean less time spent in the park and more time spent around the kitchen table.

For the 17 million Americans who have diabetes, winter comfort foods often spell big trouble. Aside from bulging waistlines, people with diabetes need to be concerned about insulin resistance and blood glucose levels—both of which are negatively affected by weight gain.

That's why people with diabetes need to find ways to enjoy the hearty flavors of winter without the calories, sugar and fat that come along with them. One great resource for such "made over" recipes is [MediSense.com](http://www.MediSense.com). This website offers free weekly meal plans that can be tailored to your personal diabetes regime. Each recipe comes with simple instructions and lists the nutritional information you need to stay within your limits.

Eating right is only half the battle, though. Exercise also helps. Because physical activity can be a tricky thing for people with diabetes, [MediSense.com](http://www.MediSense.com) offers free exercise plans, a calorie burn calculator, stretching techniques, and tips about exercise as it relates to diabetes.

Losing weight is never easy, but having the proper resources at hand can make it a little easier—even in the winter. If you have dia-



Cutting fat and calories doesn't have to mean cutting the taste from winter comfort foods.

betes, visit www.MediSense.com to get information about meal and exercise plans, diabetes and additional details about the Precision™ line of blood glucose monitors that are manufactured by MediSense.

Macaroni & Cheese

- 1/2 cup elbow macaroni, uncooked**
- 3 oz. low-fat sharp cheddar cheese (2 g fat/oz.)**
- 1 oz. part-skim mozzarella cheese, shredded**
- 2 oz. fat-free milk**
- 1/8 tsp. white pepper, ground**
- 1 cup frozen string beans**

Cook macaroni according to package directions. In a saucepan, combine cheddar, and mozzarella cheese, pepper and fat-free milk. Cook over low heat until cheese is melted and mixture is smooth. Add macaroni and stir. Serve with string beans.

Nutritional Information: Calories: 540; Fat: 12 g; Cholesterol: 45 mg; Sodium: 800 mg; Total carbohydrate: 75 mg; Dietary fiber: 9 g; Sugars: 11 g; Protein: 35 g.