

## **DIABETES MEALS FOR GOOD HEALTH, 2<sup>nd</sup> Ed: Includes Complete Meal Plans and 100 Recipes**

*Easy meal planning for the millions of people around the world managing diabetes.*

Carefully planned, nutritious meals and sensible portion sizes are an essential part of diabetes management. This book makes meal planning easy and straightforward, so it's no wonder that the first edition has nearly 100,000 copies in print.

All the great features of the first edition are still here: delicious recipes and balanced meal options for all the meals of the day, suggestions for healthy snacks and life-size photographs for every meal that provide an easy way to identify appropriate portion sizes.

There are 70 complete meals, 100 recipes and over 100 snacks to choose from, and each section is color-coded for ease of use.

The new edition features an additional 100 photographs, plus an all-new 32-page section in the bestselling Eat This Not That format, depicted through photographs and nutritional analyses, that will provide an excellent, easy-to-follow guide for making the right food and beverage choices.

These meals are so easy, satisfying, nutritious and delicious, they will be enjoyed not only by those managing diabetes, but by anyone who loves great food.

**KAREN GRAHAM, RD, CDE**, is a Registered Dietitian and Certified Diabetes Educator. For the past several years, she has been a nutrition counselor and guest speaker whose specialty is helping people lose weight and preventing and treating diabetes.

### ***Topics in the book include:***

- How to organize your daily calories into delicious meals and snacks
- Practical advice to help you feel better, lose weight, and reduce cholesterol, blood pressure, and blood glucose
- Learn about the different food groups and understand how important it is to eat a variety of nutrient-rich food at each meal
- Good nutrition prevents disease and is essential for good health
- Compare the calories, carbs, fiber, fat, and sodium in different cereals, egg breakfasts, soups, snacks, salads, and more – 27 types of food in total!
- Learn Karen's Ten Changes for Good Health
- A few kinds of fats, called healthy fats, are beneficial to your heart
- Did you know all fats have the same calories – whether lard, butter, margarine or oil?
- How much starch should you eat at each meal?
- How much protein should I eat?
- Did you know sugar, honey or jam have fewer calories than butter or margarine?
- Also included is a 'choose this instead of that' section that showcase Karen's healthiest food options

LUNCH MEALS  
**LUNCH 15**

**Avocado Salad & Bruschetta**

*Avocados are nutrient-rich. Avocados have a mild flavor and a smooth texture, and are low in carbohydrates. They have healthy monounsaturated fat — the kind that actually helps lower the bad LDL cholesterol in your blood. They are also rich in vitamin E, an important antioxidant, and folic acid, a B vitamin.*

**Avocado Salad**

Makes 2 servings

2 cups (500 mL) lettuce pieces	Per ½ recipe	Calories	268
1 medium tomato, cut into wedges	Carbohydrate	23 g	
1 apple, thinly sliced	Fiber	8 g	
1 avocado, sliced	Protein	7 g	
¼ cup (50 mL) shredded light cheese (1 oz/30 g)	Fat, total	19 g	
	Fat, saturated	5 g	
	Cholesterol	10 mg	
	Sodium	140 mg	

Grated lime rind and a drizzle of lime juice

1. Toss all ingredients.
2. Top with your favorite low-fat salad dressing.

This is a low-fat version of a traditional Italian bruschetta.

**Bruschetta**

For each slice:	Per slice	Calories	40
½-inch (1 cm) slice of French baguette (or ½ slice of regular bread)	Carbohydrate	5 g	
1 tsp (5 mL) salsa or low-fat pasta sauce	Fiber	0 g	
1 to 2 tsp (5 to 10 mL) of toppings such as:	Protein	2 g	
• sliced olives or capers	Fat, total	2 g	
• pickled or fresh garlic cloves, chopped or whole	Fat, saturated	1 g	
• chopped fresh or dried herbs, such as cilantro, basil or chives	Cholesterol	0 mg	
2 tsp (10 mL) thinly sliced, crumbled or shredded light cheese	Sodium	123 mg	

1. Place bread pieces on a cookie sheet. Under the grill, toast the top side of the bread slices.
2. Remove cookie sheet from the oven. To each slice of bread add the salsa, toppings and cheese. Put the bread slices back in the oven to grill the cheese.

**Canada's Choices**

	Large Meal	Small Meal
Carbohydrate	3	2
Meat and Alternatives	1½	1
Fat	5½	4½
America's Exchanges		
Starch	1½	1
Non-Starchy Vegetables	1	1
Fruit	½	½
Lean Meat	1½	1
Fat	5¼	4¼

**Your Lunch Menu**

	Large Meal (520 calories)	Small Meal (400 calories)
Avocado Salad	1 serving	1 serving
Light salad dressing	2 tbsp (25 mL)	1 tbsp (15 mL)
Bruschetta	5 baguette slices	3 baguette slices

320 pages • 8.5" x 10.875" • Index • Life-size photographs  
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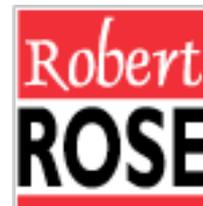
**Selected recipes available for reprinting:**

- Prairie Quiche (page 72, Breakfast)
- Irish Currant Cake (page 74, Breakfast)
- French Onion Soup (page 96, Lunch)
- Quesadilla (page 98, Lunch)
- Hamburger with Potato Salad (page 172, Dinner)
- Chinese Stir-Fry (page 216, Dinner)
- Denver Sandwich and Soup (page 220, Dinner)

**\*You may select up to three of the above listed recipes for reprinting**

**Talking Points for Diabetes Meals for Good Health:**

- Why should you weigh yourself no more than once a week?
- What are Karen's Ten Changes for Good Health?
- Choosing smaller glasses and dishes can help you reduce your portions
- What are some tips for eating less fat?
- Why is it important to drink water whenever you feel hungry?
- Can you suggest tips on cutting back salt in my diet? (season food with spices/herbs, lemon juice, lime juice or vinegars)
- How is it possible to reduce calories in alcoholic drinks?
- How much starch should I eat at a meal? How about fruits & veggies?
- How much milk and calcium-rich food should I eat? What if I'm lactose intolerant?
- Did you know, you only need a small amount of protein each day?
- What exactly is healthy fat vs. unhealthy fat?



**If you are interested in selected recipe excerpts and an author interview, please contact:**