

# Diabetes & You

## Best-Selling Authors With Tasty Tips For Managing Diabetes

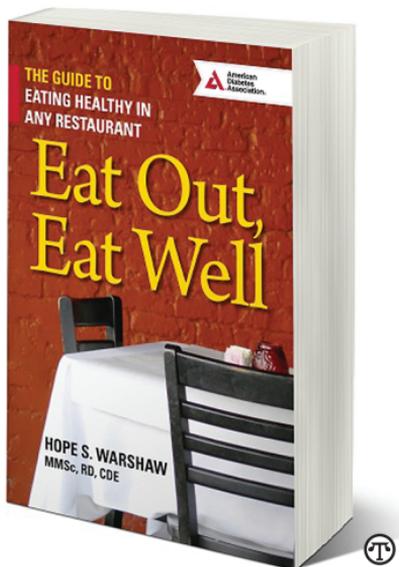
(NAPSA)—There's some delicious and healthful news for those with diabetes, whether they're dining at home or on the go.

Two new books from the American Diabetes Association offer recipes, menu ideas and tips from best-selling authors to help people manage their diabetes without feeling deprived.

The first, "Guilt-Free Weeknight Favorites," is by the experts at the Mr. Food Test Kitchen and includes a foreword by NASCAR driver and American Diabetes Celebrity Ambassador Ryan Reed. A hit nationwide, this book topped the best-seller lists as the No. 1 trade paperback book in America.

"Guilt-Free Weeknight Favorites" features over 150 new diabetes-friendly recipes, including Parmesan-Crusted Chicken, Simple Southern Sliders, Freckled Blondies and more. Designed to help home cooks create healthy, tasty meals when schedules are busy and time is short, this cookbook is an excellent stress-free choice for weeknight family fare.

The second book, "Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant," by Hope S. Warshaw, MMSc, RD, CDE, is the resource for assembling healthy meals in just about any type of restaurant.



A nationally recognized expert and American Diabetes Association best-selling author, Warshaw offers practical advice on how to deal with common diabetes dining dilemmas, including delayed meals, drinking alcohol, and fitting in sweets and desserts.

It has sections on skills and strategies for overall healthier restaurant eating, such as tips and tactics to help children eat healthfully, strategies for gluten-free restaurant meals, and healthier meal samplers for all restaurant types.

The book covers the complete landscape of American and ethnic cuisine, including breakfast/brunch, fast food, sandwiches, salads, upscale dining and more.

To ensure you always have up-to-date nutrition information for restaurant foods at your fingertips, download the free companion app, **Eat Out Well—Restaurant Nutrition Finder from the American Diabetes Association**, from iTunes and Google Play. There, you'll be able to find nutrition information for hundreds of independent and chain restaurants.

Both books are available online and where books are sold.

