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Contact: Amy Cubert-Katz (703) 303-5612

e-mail: aracubert@aol.com

THE ALL-NATURAL DIABETES COOKBOOK

*First-of-its-kind cookbook gives people with diabetes
150 all-natural recipes with absolutely nothing artificial*

(Alexandria, VA). Fresh, flavorful and fuss-free are all highlights in a new book published by the American Diabetes Association, **The All-Natural Diabetes Cookbook: The Whole Food Approach to Great Taste and Healthy Eating** by Jackie Newgent, RD. Now people with diabetes can enjoy tasty all-natural fare while meeting their healthy eating goals and managing their diabetes. This “fresh is best” new concept cookbook focuses on creating dishes with the flavors people love using whole foods and selective organic ingredients. With absolutely nothing artificial in any recipe, this first-of-its-kind book brings great tasting dishes to the table that people with diabetes (or anyone) can enjoy for easy every day eating or entertaining.

Classically trained chef and well-respected culinary nutritionist, Jackie Newgent shows people how to begin their natural cooking journey by sharing the benefits of eating foods without artificial or overly-processed ingredients. **The All-Natural Diabetes Cookbook** provides valuable tips for achieving high flavor dishes naturally and cooking and baking without the fuss. In great detail, this cookbook guides people in choosing the freshest ingredients to bring out flavors and highlights herbs that give foods their savory appeal.

In addition to useful fresh facts, ideas and tips that give foods their flair, the book cleverly shows readers how to create simple, succulent recipes that are naturally low in saturated fat, have zero grams trans fat, and provide good fats, plenty of fiber and health-protective nutrients. Seasonal produce charts and sample menus are also included in this complete guide to cooking naturally. **The All-Natural Diabetes Cookbook** gives readers 150 enticing recipes from which to choose including:

- *Blue Ribbon Blueberry Muffins*
- *Tableside California Avocado-Black Mission Fig Guacamole (recipe included)*
- *Mesclun Salad with Bosc Pears, Pecans, & Blue Cheese*
- *Curry Chicken Breast Salad with Red Grapes in Wonton Cups (recipe included)*
- *Roasted Wild Salmon Filet with Orange-Miso Sauce*
- *Tequila-Lime Chicken with Spinach Fettuccine in Creamy Jalapeño Sauce*
- *Whipped Banana Sherbet*

Newgent’s inspiration for the cookbook was her father. She explains, “After my dad was diagnosed with diabetes, I wanted to be sure he had diabetes friendly recipes that were tasty and easy-to-follow. Finding no all-natural book that met the guidelines of the American Diabetes Association, I decided to write my own.”

The American Diabetes Association is the largest publisher of consumer books for people with diabetes and of books about diabetes treatment for healthcare professionals. In the United States, 20.8 million people--7 percent of the population--have diabetes. While an estimated 14.6 million people have been diagnosed, unfortunately, 6.2 million people are unaware they have the disease. Founded in 1940, the American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information and advocacy. Its mission is to prevent and cure diabetes and improve the lives of people with diabetes.

The All-Natural Diabetes Cookbook (ISBN # 978-1-58040-275-0, \$18.95, 317 pages) is available at <http://store.diabetes.org>, at bookstores nationwide, and by calling 1-800-ADA-ORDER (1-800-232-6733). The cookbook is a first-of-its-kind tool for people with diabetes who want to create tasty and delicious meals using all natural ingredients.

The American Diabetes Association...CURE....CARE....COMMITMENT

ABOUT the Author

Jackie Newgent, RD is a New York City based culinary nutritionist and consultant. She is frequently called on as an expert guest and interviewed on national television, for print publications and on radio nationwide. Newgent is a regular contributor to *Weight Watcher's Magazine's* "Menus" feature, columnist for *Glamour's* "Calorie Math," a *Fitness* magazine contributing advisory board member, and contributor to various other publications. She is a recreational chef instructor at New York's Institute of Culinary Education and consultant to the "Healthy Children Healthy Futures" program. Newgent was an American Dietetic Association national media spokesperson from 1998 to 2001. For more information, visit her website at www.JackieNewgent.com.

Sample Recipes from

THE ALL-NATURAL DIABETES COOKBOOK

The Whole Food Approach to Great Taste and Healthy Eating

by Jackie Newgent, RD

Tableside California Avocado-Black Mission Fig Guacamole

Serves 12/serving size: 3 Tbsp

This chunky guacamole is not any ordinary guacamole. It has figs in it! You might find this fruity, yet spicy, figgy guacamole is better than the original.

- 2 Hass avocados, peeled and cubed
- 3 fresh Black Mission figs, diced, or 2 dried figs, finely diced
- 1/4 cup finely chopped red onions
- 1 small jalapeño pepper with seeds, minced
- 2 Tbsp finely chopped fresh cilantro
- 2 Tbsp lime juice
- 1/8 tsp ground cumin
- 1/2 tsp sea salt, or to taste

Gently stir all ingredients together in a medium bowl until just combined. Serve with baked blue corn tortilla chips.

Exchanges:

1/2 carbohydrate

1 1/2 fat

Calories: 90

Calories from fat: 61

7 g total fat

1 g saturated fat

0 mg cholesterol

150 mg sodium

8 g total carbohydrate

4 g dietary fiber

3 g sugars

1 g protein

Recipe reprinted with permission from THE ALL-NATURAL DIABETES COOKBOOK by Jackie Newgent, RD (American Diabetes Association, September 2007).

Curry Chicken Breast Salad with Red Grapes in Wonton Cups

Serves 4/serving size: 3 wonton cups

Enjoy exotic-tasting chicken salad as a fun finger food. These fancy little cups will be a big hit at your next party.

12 wonton wrappers
1 cup finely diced, cooked boneless, skinless chicken breast (antibiotic-free), chilled
1/4 cup plain fat-free yogurt
1 Tbsp mayonnaise
1 Tbsp mango chutney
1 tsp hot Madras curry powder
1/4 tsp sea salt, or to taste
3 Tbsp diced celery
1/2 cup seedless red grapes, thinly slice horizontally
2 tsp minced fresh cilantro

1. Preheat the oven to 350°F. Coat a nonstick mini-muffin tin with natural butter-flavored cooking spray and press a wonton square into each cup of the tin, forming a wonton cup. Lightly coat the wonton cups with cooking spray and bake for 12 minutes, or until golden brown. Let cool in the pan.
2. Meanwhile, in a medium bowl, stir together the chicken, yogurt, mayonnaise, chutney, curry powder and salt. Then add the celery, grapes, and cilantro and stir.
3. With a spoon, stuff about 2 Tbsp of the salad in each wonton cup. Garnish each with a tiny sprig of cilantro or a red grape sliver, if desired.

Exchanges:

1 1/2 carbohydrate
1 lean meat
1/2 fat

Calories: 190

Calories from fat: 54

6 g total fat
1 g saturated fat
35 mg cholesterol
330 mg sodium
20 g total carbohydrate
1 g dietary fiber
6 g sugars
14 g protein

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