

FOR IMMEDIATE RELEASE

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**ALL-NATURAL, WHOLE-FOOD RECIPES PERFECT FOR DIABETES,
PREDIABETES, AND HEART HEALTH**

THE ALL-NATURAL DIABETES COOKBOOK, 2ND EDITION

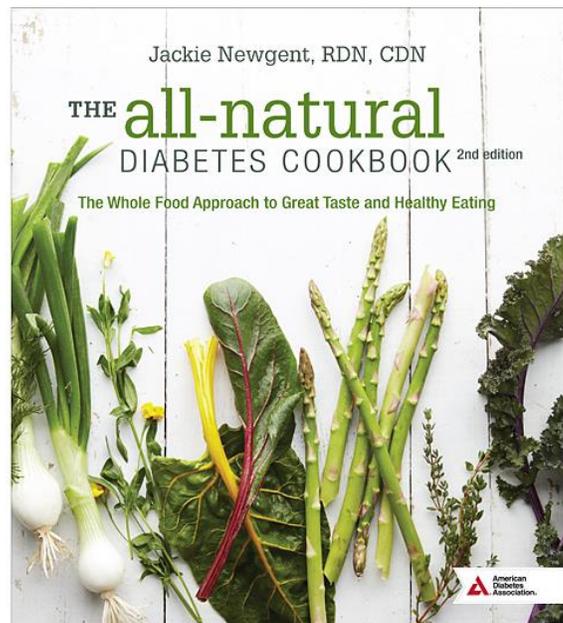
***The Whole Food Approach to
Great Taste and Healthy Eating***

by Jackie Newgent, RDN, CDN

November 2015

Ditch those processed ingredients and rejoice in flavor! Relying on artificial sweeteners or not-so-real substitutions to reduce calories, sugar, and fat is a thing of the past. Natural, whole-food ingredients can provide flavorful and naturally delicious meals from breakfast to dessert and everything between.

With **THE ALL-NATURAL DIABETES COOKBOOK, 2nd Edition [November 2015, \$19.95 US / \$24.99 CAN]**, author **Jackie Newgent** puts the spotlight on fresh, natural foods and diabetes-friendly cooking methods – for meat-eaters and vegetarians alike. The result is a collection of palate-pleasing meals and snacks – ranging from classic comfort foods to more exotic fare – that are packed with great taste and nutrients rather than preservatives and processed ingredients, and each is optimized for those with diabetes and to promote heart health. Readers will discover more than 150 delectable, natural dishes full of flavor, including:



- ***Blanco Huevos Rancheros***
- ***Roasted Orange Bell Pepper Soup***
- ***Dill Freekeh and Roasted Carrot Salad***
- ***Romaine Peppercorn Steak Salad***
- ***Eggs Benedict with Silken Hollandaise Sauce***
- ***Jamaican Pork Tenderloin Roast***
- ***Tequila Lime Chicken and Spinach Fettuccine***
- ***Farmers' Market Mushroom Flatbread Pizza***
- ***Peppermint Brownies***
- ***Dark Chocolate Raspberry Pudding***

THE ALL-NATURAL DIABETES COOKBOOK is filled with tips for achieving naturally high-flavor dishes, techniques for no-fuss cooking and baking, sample meal plans, a handy substitution chart for swapping out processed foods from favorite recipes, and much more. Natural, fresh cooking isn't just good for you—it's great tasting!

About the Author

Jackie Newgent, RDN, CDN, is a classically trained chef, registered dietitian nutritionist, media personality, professional recipe developer, and culinary instructor. She's author of the *Big Green Cookbook*, *1,000 Low-Calorie Recipes*, and the American Diabetes Association's award-winning books *The All-Natural Diabetes Cookbook* and *The With or Without Meat Cookbook*. She has appeared on *The Dr. Oz Show*, ABC's *Good Morning America* and *World News Now*, NBC's *Dateline*, and more. Her food articles, menus, and recipe features are regularly featured in national publications, including *Every Day with Rachael Ray* and *Woman's World* magazines, and online at Livestrong.com and her blog *Tasteovers by Jackie*. She lives in Brooklyn, New York.

About the American Diabetes Association

The **American Diabetes Association**[®] is leading the fight to STOP DIABETES[®] and its deadly consequences for those affected by diabetes. The Association funds research to prevent, cure, and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, its mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both of these sources is available in English and Spanish.

THE ALL-NATURAL DIABETES COOKBOOK is available at ShopDiabetes.org, in bookstores nationwide, or by calling 1-800-232-6733.

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For more information, to request a review copy of the book or an interview, please contact Dalyn A. Miller at 617-504-6869 or via email at Dalyn@DalynMillerPR.com
