

The African-American Guide to Living Well with Diabetes

Constance Brown-Riggs, MEd, RD, CDE, CDN
With Tamara Jeffries, former executive editor,
Essence magazine

“Connie Brown-Riggs’s...culturally appropriate messages are an extraordinary benefit to African-Americans, particularly women, who are often not fully aware of the lifestyle changes they can and should make to prevent diabetes and improve their health and that of their families.”

—Wendy C. Brawley, publisher and CEO, *IMARA* Woman magazine

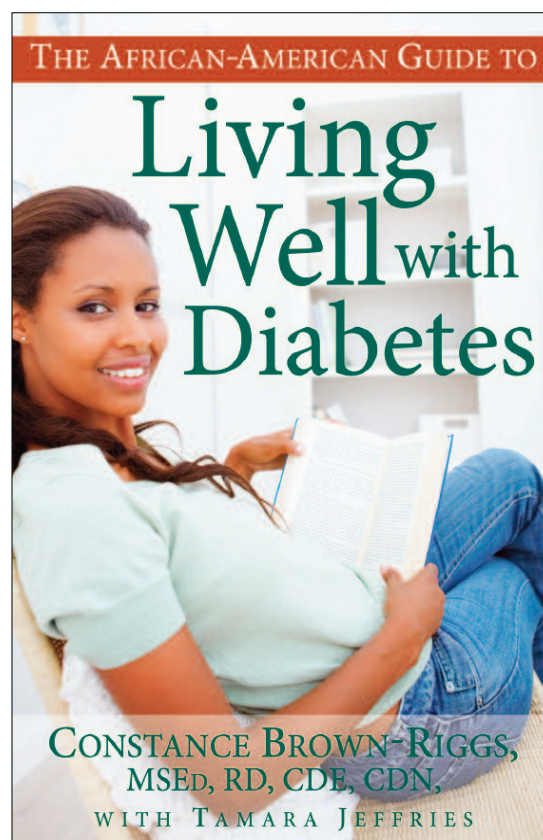
“This book provides cutting-edge information on diet, exercise, and medication, synthesized with other aspects of diabetes care, including spirituality—providing a total lifestyle wellness plan. I support this book with high enthusiasm.”

—Wahida Karmally, DrPH, RD, CDE, associate research scientist,
Director of Nutrition, Irving Institute of Clinical and Translational
Research, Columbia University

More than 4 million African-Americans have diabetes; thousands more have pre-diabetes or are at risk for the condition. But in 21 years as a registered dietitian and certified diabetes educator, Constance Brown-Riggs found few books that even vaguely addressed the unique health concerns of this population.

This comprehensive guide includes:

- ◆ The latest medical treatments for diabetes—medications, insulin therapies, blood glucose monitors, plus the pros and cons of supplements, herbs, and alternative diets.
- ◆ What you can’t eat—and what you can.
- ◆ Dozens of mouthwatering Caribbean and soul food recipes, with a two-week menu plan.



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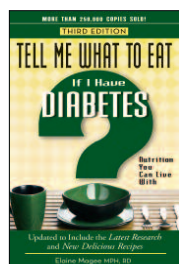
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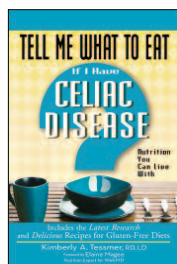
Constance Brown-Riggs, MEd, RD, CDE, CDN—an award winning registered dietitian, certified diabetes educator, and national spokesperson for the American Dietetic Association—is the author of *Eating Soulfully and Healthfully with Diabetes* and creator of the *Diabetes Soul Food Pyramid*. Her work has appeared in books for health professionals and healthcare consumers. She has been a featured expert in national magazines such as *Essence*, *Real Health* and *Diabetic Cooking*. Visit her Website at eatingsoulfully.com.

Tamara Jeffries, former executive editor of *Essence* magazine, has contributed articles to *Redbook*, *Parenting*, *Health*, *Heart & Soul*, and other national publications. She is currently an assistant professor of journalism at Bennett College for Women in North Carolina.

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