

Eating Soulfully and Healthfully with Diabetes

According to the American Diabetes Association, 2.8 million African Americans over the age of 20 currently have diabetes*. That's 10 African Americans for every 6 white Americans with diabetes.

“There are several reasons for this disparity,” explains Constance Brown-Riggs, MEd, RD, CDE, CDN. One is genetic: African Americans are more susceptible to diabetes than whites. They also have a higher rate of obesity, which also increases the risk of diabetes. The other reason is cultural — typically African Americans have less access to diabetes information than whites, and the food plan required to lower diabetic risk and control diabetes is atypical for many African Americans.

While the genetic causes are uncontrollable, the cultural risk factors *can* be remedied. As a nationally recognized nutritionist, registered dietitian, and certified diabetes educator with over twenty-five years of experience, Brown-Riggs decided she wanted to help this group get and stay healthy. As part of her plan, she has written *Eating Soulfully and Healthfully with Diabetes* (www.eatingsoulfully.com, \$17.95 pb), a comprehensive guide that provides nutrition information and carbohydrate-counts for foods that will appeal to African Americans who suffer from diabetes.

Diabetes educators agree that the first step to prevention and management of diabetes is access to helpful information. It is especially important for African Americans to understand the *dangers* of diabetes since they have a higher risk for complications like kidney failure, visual impairment, or amputation. Lack of education* is the first problem that Brown-Riggs tackles in her book, explaining diabetes and clearly outlining how it can be managed.

The hardest part of diabetes management, however, is food. “The basic dietary recommendations for those

Eating Soulfully and Healthfully with Diabetes includes

- A Diabetes Soul Food Pyramid and explanation
- An extensive listing of traditional foods from the South and Caribbean
- Fast food and brand-name nutrient information and label-reading advice
- A two-week soul food menu plan and sample food diary
- A glossary of food terms
- Tips for upscale dining

This book provides life-saving information for people with diabetes and will help educate families while also serving as an excellent resource for health care providers and diabetes and dietetics professionals.

* Of the 2.8 million African Americans with diabetes, only 1.5 have been —over— diagnosed. An estimated 730,000 don't know they have the disease!

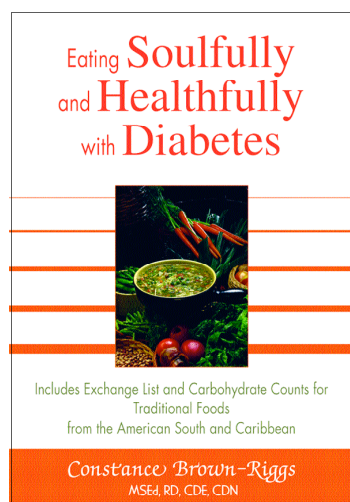
with diabetes are culturally insensitive,” observes Brown-Riggs. “People with diabetes are generally given vague instructions like ‘stay away from sugar,’ or ‘just eat smaller portions’ which only make everything more frustrating. And,” she points out, “instructions for food management typically don’t take into account cultural or ethnic food preferences.” She hopes her book offers one step toward solving this problem.

In *Eating Soulfully and Healthfully with Diabetes*, Brown-Riggs has devised several ways for people with diabetes to be mindful of their eating habits while still enjoying foods popular in the American South and the Caribbean. Her “Soul Food Pyramid” for those with diabetes organizes food by carbohydrates, since the carbohydrates break down into glucose, and it is the glucose that is out of balance in people with diabetes. The 96-pages of charts include all the necessary nutritional information, from portion size and calories to fat and carbohydrate grams, even carb choices and exchanges depending on what plan works best for each individual. Alongside information on turkey burgers and omelets, there is also information on dishes like blackened catfish and stewed tomatoes and okra. This should help African Americans to prepare and enjoy traditional ethnic fare while maintaining normal glucose levels and healthy food intake. While offering important resources and valuable tips, Brown-Riggs also encourages everyone with diabetes to shed pounds, improve food choices, and exercise.

With the help of *Eating Soulfully and Healthfully with Diabetes*, African Americans will be able to better adapt their lifestyle to diabetes management without sacrificing the foods they love. And diabetes educators will be able to better address the cultural needs of their African American patients.

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To request a review copy, arrange an interview with Constance Brown-Riggs, request cover art to be sent to you electronically, or for any additional information, please contact Kate Bandos at KSB Promotions • 800-304-3269 or 616-676-0758 • fax 616-676-0759 • kate@ksbpromotions.com



**Eating Soulfully and Healthfully with Diabetes
Includes Exchange List and Carbohydrate Counts
for Traditional Foods from the American South and Caribbean**

by Constance Brown-Riggs, MSEd, RD, CDE, CDN
220 pages • 6 x 9 • Multiple charts • Line illustrations
ISBN-10: 0-595-38051-4 • ISBN-13: 978-0-595-38051-0
\$17.95 trade paperback • Publication date: June 2006

Published by iUniverse, Inc. Available at bookstores nationwide, online or call 1-800-288-4677.

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