

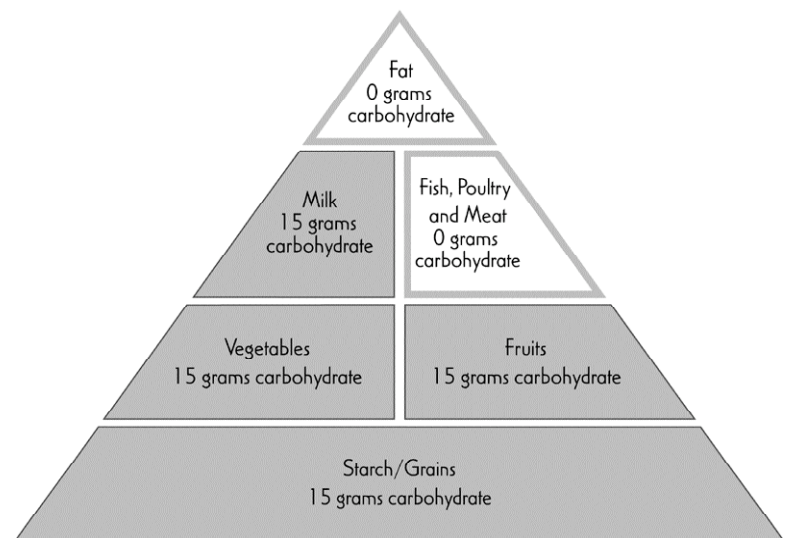
## Learning to Eat Soulfully and Healthfully with Diabetes

When someone learns they have diabetes—and are told they need to change their daily eating habits—it can be both a shock and very hard to do. For many African Americans, it is doubly hard because some of their favorite foods may not be taken into account in information they are given or books that are recommended.

“In most material for people with diabetes, there may be nutritional information for cornbread,” explains consulting nutritionist and certified diabetes educator Constance Brown-Riggs, MEd, RD, CDE, CDN, “but nothing for crackling bread, Johnnycake, or bammy. Similarly, spinach will always be listed and usually kale and collard greens, but what about callaloo?” Those who are used to foods popular in the American South and the Caribbean will look for these and many of their other favorites to no avail.

That is why Brown-Riggs decided to compile a comprehensive guide that provides nutrition information and carbohydrate-counts for foods that African Americans who suffer from diabetes don’t want to (and don’t need to) give up. She hopes her book, *Eating Soulfully and Healthfully with Diabetes* (www.eatingsoulfully.com, \$17.95 pb), will encourage African Americans to prepare and enjoy traditional ethnic fare while maintaining normal glucose levels and healthy food intake. The book even includes complete nutritional information for name-brand products that don’t appear elsewhere, such as Allen’s, Glory, and Zatarains.

Brown-Riggs has also found during her more than twenty-five years experience in the field of nutrition and dietetics that her clients find it easier to count carbohydrates rather than follow the exchange method of meal planning. That is why black-eyed peas and sweet-potatoes are in the grain group rather than the vegetable group and cheese is in the meat group instead of the milk group.



Her “Soul Food Pyramid” for those with diabetes organizes food this way, since the carbohydrates break down into glucose, and it is the glucose that is out of balance in people with diabetes. “The key message of the Diabetes Soul Food Pyramid,” Brown-Riggs points out, “is that you don’t have to give up ethnic food but simply learn how to place it in your diet successfully.” With the help of *Eating Soulfully and Healthfully with Diabetes* that is now easily done.

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—over—

The following is one of the sample menus included in *Eating Soulfully and Healthfully with Diabetes*. The book includes a week of sample menus containing 45-60 grams of carbohydrate per meal and a second set of sample menus containing 60-75 grams of carbohydrate per meal. Those newly diagnosed with diabetes often find it easier to follow sample menus initially until they are comfortable charting out their own either independently or with the help of a dietitian or other health care professional.

<b>Breakfast</b>	<b>Carbohydrate (g)</b>	<b>Lunch</b>	<b>Carbohydrate (g)</b>	<b>Dinner</b>	<b>Carbohydrate (g)</b>
1 c grits	30	1 c. chicken gumbo soup		smothered pork chop	
3 oz. turkey sausage patty	0	1 c. chicken broth	0	4 oz. broiled pork chop (trim off fat)	0
1/2 oz. low-fat cheddar cheese	0	2 oz. broiled skinless chicken	0	1/4 c. defatted gravy	7
1 small Lender's™ bagel (2 oz)	30	1/2 c. cooked corn, onion, and okra	15	Hoppin' John	
1 small orange (6 1/2 oz)	15	1 whole-wheat deli roll (1 oz)	15	1/2 c. cooked black-eyed peas	15
coffee/tea with artificial sweetener	0	tossed salad		1/2 c. steamed white rice	20
2 tbsp. skim milk in coffee/tea	0	1 c. romaine and iceberg lettuce mix	5	1/2 c. cooked collard greens (no fat)	5
<b>TOTAL</b>	<b>75</b>	1/4 c. chopped tomato	0	1 tsp. margarine	0
<b>Snack</b>		1/2 c. low-fat croutons	7	baked apple	
trail mix		1 tbsp. French dressing	0	1 small baked apple (4 oz)	15
3/4 oz. pretzels	15	1 medium peach (6 oz)	15	1 tsp. ground cinnamon	0
10 peanuts	0	calorie-free beverage	0	artificial sweetener	0
calorie-free beverage	0	<b>TOTAL</b>	<b>72</b>	calorie-free beverage	0
<b>TOTAL</b>	<b>15</b>			<b>TOTAL</b>	<b>70</b>

For those who are worried that their children may be at risk for type 2 diabetes, Brown-Riggs lists the following as contributing factors. He or she is at risk if they are:

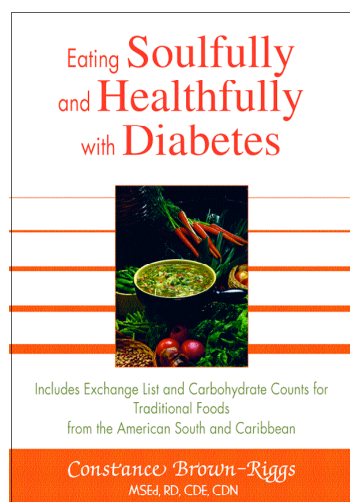
- African American
- Overweight
- Inactive
- Insulin resistant
- Going through puberty
- Born small or large

And especially if he or she is born into a family with a history of type 2 diabetes.

Other warning signs include increased thirst, frequent urination, blurry vision, nighttime urination, unexplained weight loss, fatigue, and a darkening of skin around the neck. If you have any concerns, make sure you see a doctor who can easily test your child to be certain.

All this and much more can be found in *Eating Soulfully and Healthfully with Diabetes*.

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 Bando at KSB Promotions • 800-304-3269 or 616-676-0758 • fax 616-676-0759 • [kate@ksbpromotions.com](mailto: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, MEd, RD, CDE, CDN  
 220 pages • 6 x 9 • Multiple charts • Line illustrations  
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