



New Book, "1-2-3 Diabetes Diet," Provides A Step-By-Step Weight-Loss Approach For People With Diabetes

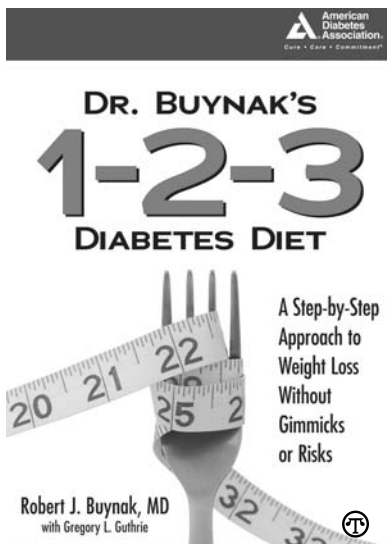
(NAPSA)—It is essential for people with diabetes to get the extra pounds off for good. Keeping excess weight off is also one of the best ways to avoid a diabetes diagnosis in the first place. To lose weight successfully, people need a realistic program that will put them on the path to a healthy lifestyle forever. To provide the secrets to safe and healthy weight-loss success, the American Diabetes Association has published a new book, "Dr. Buynak's 1-2-3 Diabetes Diet" by Robert J. Buynak, M.D., with Gregory L. Guthrie.

The book is designed as a guide to help readers come to grips with the importance of shedding the pounds to keep their diabetes under control.

Throughout the chapters, it shows people how to determine their eating habits and make changes that will put them on a healthier path. Once the readers have defined their eating weaknesses, guidance is given to lose weight successfully without making unrealistic sacrifices to achieve the goal.

Based on a calorie-counting program, "Dr. Buynak's 1-2-3 Diabetes Diet" gives people a healthy approach to lose the pounds in a way that fits their lifestyle needs. One of the key tools is a food diary that helps people track their eating habits, eliminate negative eating, control weight and eat healthier. The book does not promote giving up restaurant meals or favorite foods; it simply provides a sensible plan to allow people to make the "fit" that will also help them lose excess pounds.

As a result of the program presented in the book, people eat healthier, are able to enjoy food favorites and have a better chance



From calorie counting to the straight facts on fat, this easy-to-use guide cuts through the hype and gives you a no-nonsense approach to losing weight.

Losing weight safely may be easier than you might imagine. A new book offers tips for healthy weight loss.

of success with diabetes control. Since this easy-to-follow book provides a realistic plan, it is not a chore to stick with the program and achieve the goals without falling back into former bad eating habits.

In the United States, 20.8 million people have diabetes, which equals 7 percent of the population. While an estimated 14.6 million people have been diagnosed, unfortunately, 6.2 million people are unaware that they have the disease.

"Dr. Buynak's 1-2-3 Diabetes Diet" is available at <http://store.diabetes.org>, by calling (800) ADA-ORDER and at bookstores nationwide. The book is an invaluable tool for anyone who needs to lose weight to keep their diabetes in check or prevent the onset of diabetes. The American Diabetes Association, Cure...Care...Commitment.