

HEALTHFUL EATING



A Dietary Solution For Lifelong Health

(NAPSA)—High-protein diets may be all the rage, but it's important to note that carbohydrates are still the body's fuel of choice and the foundation for healthy eating.

As Harvard nutritionist Walter Willett notes, "It's become quite clear that not all carbohydrates are the same. It's not only the amount of carbohydrates you eat," Willett says. "It's the *type* that matters."

The recent *New York Times* bestseller *The New Glucose Revolution* (Marlowe, \$15.95), agrees. Written by some of the world's leading authorities on carbohydrates, the book explains how the differences between carbs can be measured by the glycemic index (GI), which ranks carbohydrates based on their effect on blood-sugar levels. Carbohydrates that break down quickly during digestion have high GI values. Those that break down slowly, releasing glucose gradually into the blood stream, have a low GI.

Low GI foods—fruits, vegetables, whole grains, legumes and the like—are key to a lifelong healthy diet, the authors of *The New Glucose Revolution* say, especially if you want to lose weight or are susceptible to diabetes, heart disease, cancer or cer-

tain other conditions. That's because when carbohydrates spike blood sugar, insulin also soars, increasing hunger and promoting fat build-up in the body. When insulin levels are lower, you burn more fat. Plus, low-GI foods make you feel fuller longer.

The ideas behind this book are supported by dozens of studies from Harvard University's School of Public Health and other leading research centers. Included in the book are fifty easy-to-prepare recipes such as this one:

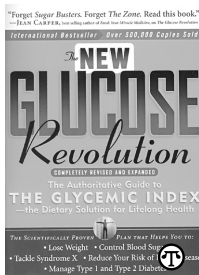
Mixed Berry and Cinnamon Compote

Serves 6 to 8

- ¾ cup freshly squeezed orange juice**
- 1 cup sugar**
- 2 cinnamon sticks**
zest of 1 orange, finely sliced
- 4 cups mixed berries**
(raspberries, blackberries, blueberries, strawberries)

Place the orange juice, sugar, cinnamon sticks and orange zest in a large stainless steel saucepan and slowly bring to a boil. Add the mixed berries and simmer gently for 2 minutes, just until the berries warm through and swell. Serve warm.

The New Glucose Revolution is available at most bookstores and wherever books on health and nutrition are sold.



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