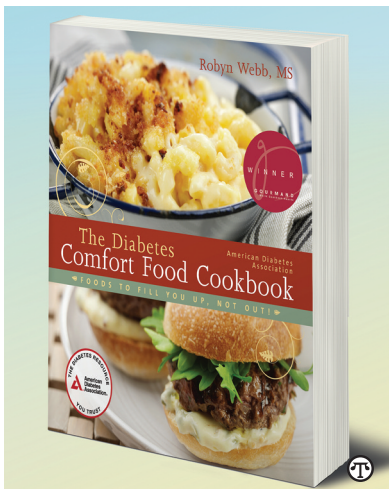


# Comfort Food For Those With Diabetes

(NAPSA)—There's good news for people with diabetes who miss the simple pleasures of comfort food. A new cookbook puts a healthier spin on a number of familiar dishes.

It's estimated that nearly 26 million children and adults in the United States have diabetes. For many, finding a healthy way to enjoy family favorites, such as mac and cheese or brownies, can be a real challenge.

Fortunately, Robyn Webb, MS, LN, a 2012 Gourmand Award-winning cookbook author, nutritionist and the food editor of Diabetes Forecast magazine, has



**A new cookbook shows how to prepare classic comfort food for those with diabetes.**

created "The American Diabetes Association Diabetes Comfort Food Cookbook." Published by the American Diabetes Association—the leading publisher of books on diabetes—the book is filled with recipes designed to meet the dietary needs of people who have diabetes and for those who just want to eat well without the added calories and fat.

The book is also sprinkled with helpful tips and time-saving advice. For example, when it comes to fat, Webb suggests using real olive oil and butter, but only in small amounts.

Mollie Katzen, author of "Moosewood Cookbook," described Webb's book as "beautiful" and "compelling."

To learn more or to order, call (800) 232-6733 or visit [www.diabetes.org/comfortfood](http://www.diabetes.org/comfortfood).