

HEALTH AWARENESS

New Diet That's Designed To Control Diabetes

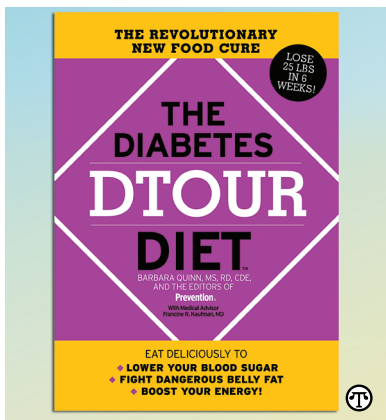
(NAPSA)—When it comes to diabetes, food isn't the enemy—it's the solution. That's the key idea behind a new program designed to address many of the challenges faced by those with diabetes.

The creators of the program discovered that a healthier diet that includes omega-3s, fiber, calcium and vitamin D can help prevent or manage type 2 diabetes, as well as heart disease and metabolic syndrome. The plan is based on new research, which indicates that these nutrients can work together to help fight fat, balance blood sugar and get you out of the diabetes danger zone, or even avoid it altogether.

Diabetes has arguably become one of the major health issues of our time. According to the Centers for Disease Control and Prevention:

- If current trends continue, one in three Americans will develop diabetes sometime in his or her lifetime. Those with diabetes will lose, on average, 10-15 years of life.
- Nearly 24 million people in the U.S. already have diabetes and 24 percent of those—almost 6 million people—don't even know it.
- An estimated 57 million people have prediabetes, and 25 percent of those don't even know it.

To address these issues, Prevention magazine teamed up with two leading diabetes experts to create "The Diabetes DTOUR Diet." The plan is designed so a person eats more foods more often: three meals and two snacks, which include the "Fat-Fighting 4"—calcium, vitamin D, omega-3s and high-fiber foods—every day. This diet is not about deprivation—participants can still



Studies have shown that calcium, omega-3s, fiber and vitamin D can, when combined, help to address the effects of high blood sugar and aid in weight loss.

eat many of the foods they love, including pasta, pancakes and even brownies.

Says Barbara Quinn, MS, RD, CDC, and one of the diet's key architects, "Many people prefer to ignore the fact that they may be at risk because they fear being forced to live a life of deprivation. Not true. The diet was not created as a temporary fix—we developed a plan that provides the tools people need to eat and live healthfully—and happily—for the rest of their lives."

"The Diabetes DTOUR Diet" by Barbara Quinn and the editors of Prevention is available at www.dtour.com. There, users can customize the plan to meet personal needs, interact with other members via the online support community, and get daily menus, recipes, videos and shopping lists.