

B. Smith Knows Small Changes Can Have A Big Effect On Managing Diabetes Successfully

(NAPSA)—Restaurateur, chef and author B. Smith is encouraging people with type 2 diabetes to recognize that small changes, including food choices, can have a positive effect on managing diabetes successfully. A family history and the growing diabetes epidemic spurred B.'s decision to join Journey for Control, a program created by Merck & Co., Inc. to help people with diabetes to better manage their condition.

“Diabetes is a subject that is very close to my heart,” said B. Smith. “After many years of cooking for my own family members with type 2 diabetes, I’ve learned to create healthy meals without sacrificing flavor. I want people to know that small changes can have a positive effect on managing diabetes more successfully.”

Diabetes is one of the fastest-growing healthcare problems in the country. Nearly 21 million people in the U.S. have diabetes, and it is estimated that one in three Americans born in the year 2000 will develop diabetes sometime during their lifetime.

Type 2 diabetes is a condition diagnosed by elevated blood sugar or glucose. With type 2 diabetes, the body may not make enough insulin, the insulin that the body produces may not work as well as it should, and/or the liver may release too much glucose. When insulin is not used appropriately, the body cannot convert sugar, starches and other food into energy for daily life.

The good news is that making small nutritional and exercise changes can help people with dia-



betes to manage their disease. And, best of all, healthy eating doesn't have to be an overwhelming, unpleasant or impossible commitment. The Journey for Control program encourages people with type 2 diabetes to recognize that small changes can have a big effect on managing diabetes successfully, including:

- Eating more fresh vegetables, using sugar substitutes, and drinking water instead of soda
- Increasing physical activity, even in small amounts, like walking instead of driving and taking the stairs instead of the elevator, when possible
- Talking to your doctor about your overall treatment plan
- Speaking with a nutritionist or diabetes educator for advice on creating diabetes-friendly meals

Visit www.JourneyforControl.com for nutritional advice, exercise tips and flavorful recipes from B. Smith, like the Individual Peach Cobbler recipe provided below.

INDIVIDUAL PEACH COBBLERS

Yields 4 servings

- 4 cups fresh or frozen sliced peaches, thawed**
- ½ cup sugar substitute**
- 2 teaspoons lemon juice**
- ½ teaspoon cinnamon**
- ¼ teaspoon nutmeg**
- 1 tablespoon cornstarch**

Topping:

- ¾ cup rolled oats**
- ½ teaspoon cinnamon**
- ¼ teaspoon nutmeg**
- 2 tablespoons margarine spread**
- 1 tablespoon brown sugar**
- 2 tablespoons sugar substitute**
- Cooking spray**

Preheat oven to 350 degrees F. Lightly spray four ramekins with cooking spray. In a large bowl, toss the peaches with Equal Spoonful until it dissolves. Stir in the lemon juice, cinnamon, nutmeg and cornstarch. Place the ramekins on a cookie sheet and equally spoon the peach mixture into the four ramekins. In a medium-size bowl, combine the rolled oats, cinnamon, nutmeg, Shedd's Spread, brown sugar and Equal. Sprinkle evenly over peach mixture. Bake uncovered for 30–35 minutes until peaches are tender and topping is crisp and golden brown. Cool slightly before serving.