



Eating Soulfully and Healthfully with Diabetes: Includes Exchange List and Carbohydrate Counts for Traditional Foods from the American South and Caribbean

Constance Brown-Riggs

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Eating Soulfully and Healthfully with Diabetes is a comprehensive guide that provides nutrition information and carbohydrate-counts for foods that will appeal to African Americans who suffer from diabetes. Author Constance Brown-Riggs, a certified diabetes educator with over twenty-five years of experience, shares her vast knowledge of nutrition and dietetics in order to encourage African Americans to prepare and enjoy traditional ethnic fare from the American South and the Caribbean while maintaining normal glucose levels and healthy food intake. As she encourages all people with diabetes to shed pounds, improve food choices, and exercise, Brown-Riggs provides important resources and valuable tips: A description of the Diabetes Soul Food Pyramid An extensive listing of traditional foods from the South and Caribbean Fast food and brand-name nutrient information and label-reading advice A two-week soul food menu plan and sample food diary A dictionary of food terms Tips for upscale dining Eating Soulfully and Healthfully with Diabetes will not only provide life-saving information for people with diabetes but will also educate their families and serve as an excellent resource for health care providers and diabetes and dietetics professionals.

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