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## TACKLE PREDIABETES AND TYPE 2 DIABETES WITH THIS SIMPLE STEP-BY-STEP GUIDE FOR HEALTHIER EATING

### DIABETES MEAL PLANNING MADE EASY 5<sup>th</sup> Edition

by Hope Warshaw  
June 2016

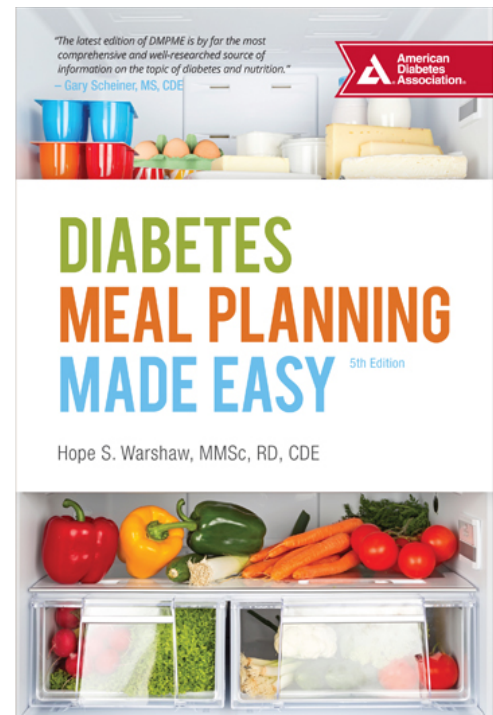
More than a third of American adults have prediabetes along with the more than 20 million Americans who currently live with type 2 diabetes. Statistics like these are staggering, but there are actions everyone can do daily to improve their health and delay disease progression. The most important first step for people with prediabetes or type 2 diabetes to learn the whys and whats about healthier eating and then master the how tos.

Hope Warshaw's **DIABETES MEAL PLANNING MADE EASY** [June 2016, \$16.95 US / \$21.99 CAN], now in its 5th edition, is *the* go-to resource for people with prediabetes and type 2. Updated with the latest ADA nutrition recommendations for diabetes and the **2015-2020 Dietary Guidelines for Americans**, the book offers readers a step-by-step guide to slowly and surely make those critical changes to food choices and eating habits.

The all-new 5th edition has been streamlined, updated, and improved to educate readers about the latest breakthroughs in diabetes meal planning. Updates also include the list of the ADA food groups with nutrient information along with a complete reorganization of content for easier learning and navigation. Chapters include:

- Type 2 Diabetes and Prediabetes and Why They Happen
- Secrets of Losing Weight and Keeping Pounds Off for Good
- How to Personalize Your Healthy Eating Plan
- Skills and Strategies for Healthy Restaurant Eating

**DIABETES MEAL PLANNING MADE EASY** is a comprehensive and user-friendly practical guide to what people need to know and the actions they need to take to plan,



shop, read nutrition labels, eat healthier meals (at home and on-the-go) and lose weight and keep it off effectively. With over 80,000 copies in print, it has been the go-to diabetes nutrition guidebook for more than 20 years.

### ***About the Author***

**Hope Warshaw, MMSc, RD, CDE**, is a nationally recognized expert in diabetes management, specializing in the nutrition management of prediabetes and type 2 diabetes. During her nearly 40 years of work in this field, she's authored several books for the American Diabetes Association, including *Eat Out, Eat Well—The Guide to Eating Healthy in Any Restaurant*. Warshaw is also a contributing editor to *Diabetic Living* magazine and writes the *Nutrition Q&A* column for *The Washington Post*. During 2016 Warshaw is serving as President of the American Association of Diabetes Educators.

### ***About the American Diabetes Association***

The **American Diabetes Association**<sup>®</sup> is leading the fight to STOP DIABETES<sup>®</sup> and its deadly consequences for those affected by diabetes. The Association funds research to prevent, cure, and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, its mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit [www.diabetes.org](http://www.diabetes.org). Information from both of these sources is available in English and Spanish.

**DIABETES MEAL PLANNING MADE EASY** is available at [ShopDiabetes.org](http://ShopDiabetes.org), in bookstores nationwide, or by calling 1-800-232-6733.

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