

FOR IMMEDIATE RELEASE

July 28, 2008

Contact: Heschel Falek (703)-299-2088
e-mail: hfalek@diabete.org

Looking for Healthier, Quicker Meals? Author Kitchen Team Puts Diabetic Meals on the Table Lickety-Split

(**Alexandria, VA**). There's a new "kitchen coach" in town and she's teaching people with diabetes to save time, eat smart, lose weight, and win the war against diabetes, obesity, and heart disease. **Lickety-Split Diabetic Meals** by registered dietitian Zonya Foco teams with the American Diabetes Association for a 3-in-1 book that is cookbook, meal planner, and self-management guide. With simple-to-follow recipes that take as little as 5 minutes, a powerful collection of inspiring tips, and useful nutrition information for losing weight and gaining health, **Lickety-Split Diabetic Meals** makes living with diabetes easy.

Lickety-Split features 175 recipes including:

- 5-minute Almond Chicken Salad
- 12-minute Herb Salmon Spread
- 15-minute Creamy Chicken Dijon over Noodles.

All recipes meet the American Diabetes Association guidelines for nutrition and taste-- proving that people with diabetes can eat well and enjoy what they're eating.

This complete cookbook also serves up 179 simple, commonsense health tips for making menu planning, shopping, and nutrition a part of your daily routine. For example:

- How to calculate your "family FRUIT Quota."
- "True and False test for sugar consumption." Yes, you can eat dessert!
- "What colors should you see on your plate?"

People with diabetes have to put more thought into what and how much they eat than most. They know that to avoid complications from diabetes they must focus on proper nutrition, exercise, and weight control. That's no small task when balancing time constraints and tighter budgets. But with **Lickety-Split Diabetic Meals**, affordable, nutritious, healthy meals can be on the table in as little as 15, 10, or 5 minutes!

Zonya Foco's **Lickety-Split Diabetic Meals** will help people with diabetes change the life they have into the life they want.

The American Diabetes Association is the largest publisher of books for people with diabetes and books about diabetes treatment for healthcare professionals. In the United States, 23.6 million people —7.8 percent of the population — have diabetes. While an estimated 17.9 million people have been diagnosed, 5.7 million people are unaware they have the disease. The American Diabetes Association is the nation's leading voluntary

health organization supporting diabetes research, information and advocacy. Its mission is to prevent and cure diabetes and improve the lives of people with diabetes.

Zonya Foco, RD, CHFI, CSP, is the only registered dietitian and certified health and fitness instructor to have earned the prestigious Certified Speaking Professional designation. Zonya reaches millions of people each year through her books, television appearances, magazine articles, and health education programs. She is the author of the best-selling book *Lickety-Split Meals for Health Conscious People on the Go* and the host of *Zonya's Health Bites*, a program appearing on public television stations across the country. She has been published in *Prevention*, *Today's Dietitian*, *Total Health*, and *Fast and Healthy Cooking*.

Lickety-Split Diabetic Meals (ISBN # 978-1-58040-288-0), \$18.95, 392 pages) is available at <http://store.diabetes.org>, at bookstores nationwide or by calling 1-800-ADA-ORDER (1-800-232-6733).

The American Diabetes Association...CURE....CARE...COMMITMENT. For review copies or press information only, please call (703) 299-2088