

“Whether you already eat a plant-based diet or simply want to eat more veggies, this will be your go-to book!”

—Lisa Drayer, MA, RD, award-winning nutritionist and health journalist

The Plant-Based Diabetes Cookbook 125+ Nourishing Recipes to Satisfy Every Taste Bud

Jackie Newgent, RDN, CDN

Packed with more than 125 full-flavored recipes with fresh, modern appeal, this delectable plant-based cookbook and eating guide is ideal for preventing and managing diabetes and pre-diabetes. It features plant-based main dishes, party apps, salads, soups, desserts, drinks, snacks, bowls and skillet meals, menus, and hundreds of helpful tips that will appeal to all eaters, not just vegetarians.

If you have been diagnosed with diabetes or prediabetes, you are aware of the health risks and the importance of eating right. A plant-based eating approach can help you manage your diagnosis and live well. This does not mean you need to shelve your taste buds or spend all your free time chopping and prepping.

As award-winning cookbook author Jackie Newgent—a registered dietitian nutritionist and classically trained chef—demonstrates, you can enjoy scrumptious, healthful meals without spending hours in the kitchen!

With abundant tips and simple menus, you’ll discover a flexible, diabetes-friendly recipe guide that is not overly focused on calories, carb-counting, or other strict parameters. There’s no need to have a separate menu for your family and friends, including during the holidays. Consider this a pleasurable culinary adventure for the veggie-curious. Everyone will benefit from the deliciousness *The Plant-Based Diabetes Cookbook* will bring to the table—and the good health it will bring to your life!

BOOK DETAILS:

Pub Date: October 24, 2023

Publisher: HCI Books

Genre: Lifestyle/Cookbook/Health

Page Count: 320

Format/ISBN/Price:

Paperback/978-0757324826/\$18.95

Ebook/9780757324833/\$14.99

CONTACT:

Jill Maxick

jill@prbythebook.com

512-501-4399 ext. 711

ABOUT THE AUTHOR

Jackie Newgent, RDN, CDN, is a plant-forward culinary nutritionist, classically trained chef, award-winning cookbook author, professional recipe developer, media personality, spokesperson, and food writer. She’s the author of six cookbooks, including *The All-Natural Diabetes Cookbook* and *1,000 Low-Calorie Recipes*.

Jackie is a *Forbes* Health Advisory Board member and contributor to Diabetes Food Hub. She is a former national media spokesperson for The Academy of Nutrition and Dietetics and cooking instructor at The Institute of Culinary Education. Jackie has made guest appearances on dozens of television news shows, including *Good Morning America*. She resides in Brooklyn, New York. For more, visit jackienewgent.com.



This flexible, diabetes-friendly recipe guide is a pleasurable culinary adventure for the veggie-curious

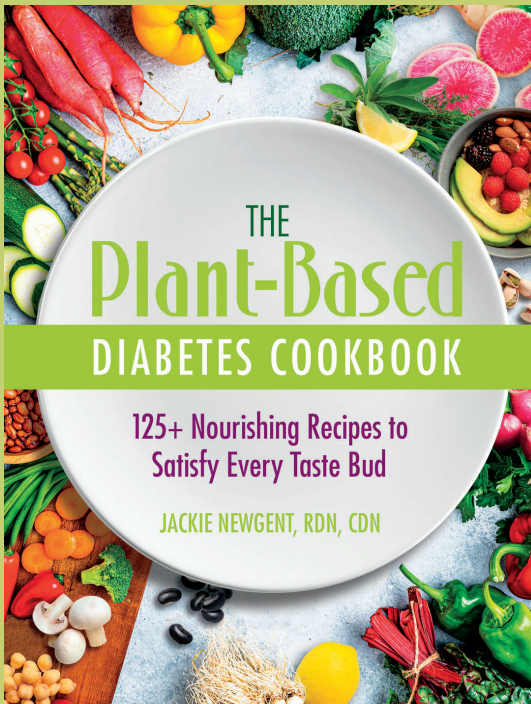
SAMPLE INTERVIEW QUESTIONS:

- (1) Is your cookbook just for people with diabetes?
- (2) Is it just trendy or is plant-based eating truly good for people with diabetes?
- (3) Isn't plant-based eating too high in carbs for people with diabetes?
- (4) Are the recipes 100% plant-based or do you still use eggs and dairy?
- (5) Do you just swap plant-based substitutes in for animal foods to make your recipes plant-based?
- (6) Since it can seem challenging to get enough protein on a plant-based diet, how does your cookbook handle that?
- (7) Do you have any favorite recipes in your latest cookbook?



JACKIE NEWGENT, RDN, CDN

TALKING POINTS:



- **The facts and stats of the diabetes epidemic in America:**
 - Diabetes: In the US, more than 1 out of 10 people (37 million) have diabetes. But nearly 1 out of 4 adults (8.5 million people) are undiagnosed.
 - Prediabetes: Almost 4 out of 10 adults in the US (96 million people aged 18 years or older) have prediabetes. Nearly half of those aged 65 years or older have prediabetes
- **How plant-based eating can fit into a diabetes eating plan and increase longevity**
- **Benefits of plant-based eating beyond diabetes management:**
 - Healthier weight
 - Reduced risk of cardiovascular disease, including improved blood cholesterol and blood pressure
 - Reduced risk of certain cancers
 - Boosts brain health
 - Lower risk of all causes of mortality (boosts longevity!)
- **How to ingredient-swap to make your favorite foods healthier**
- **The connection between carbs and blood glucose management**
- **The benefits of including a registered dietitian nutritionist as part of your diabetes management team**

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