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Constance Brown-Riggs—an award-
winning registered dietitian, certified
diabetes educator, and former
spokesperson for the Academy of

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Nutrition and Dietetics, is the author of the Diabetes Guide to Enjoying Foods of the World; The African American Guide to Living Well With Diabetes, which received the Favorably Reviewed designation from the American Association of Diabetes Educators; and Eating Soulfully and Healthfully with Diabetes.

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Constance Brown-Riggs, MSEd, RD, CDE, CDN-an award winning registered dietitian, certified diabetes educator, and national spokesperson for the American Dietetic Association--is the author of Eating Soulfully and Healthfully with Diabetes and creator of the

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The Link Between Healthful Eating and
Fewer Complications Eating healthfully
can help you control blood sugars and
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how often you have them. Managing your carbs can help keep your blood sugar under control. Choose high-fiber carbs, such as green vegetables, fruit, beans, and...

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The author of " Eating Soulfully and

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CDE, CDN, is the national spokesperson for the Academy of Nutrition and Dietetics, specializing in African American nutrition, and author of The African American Guide to Living Well With Diabetes and Eating Soulfully and Healthfully With Diabetes. References 1. Published On June 2006

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She is the author of *Eating Soulfully and Healthfully with Diabetes* (iUniverse, 2006), a guide that helps African-American and Caribbean Americans with diabetes learn how to prepare and enjoy traditional ethnic fare from the American South and the Caribbean.

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Eating fully = Healthfully + Soulfully
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choose foods chosen exclusively for
taste, enjoyment and social fun. So
would you be surprised to hear that I
DON'T recommend "clean eating" or
giving up anything?

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is destined to fail ...**

Brown-Riggs, 56, who hired an outside

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When it comes to weight loss, eating beans gives your patients more for less. Because beans are packed with fiber and protein they provide satiety—a greater sense of fullness after a meal. And beans are naturally low in fat

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providing fewer calories per serving compared to a serving of animal protein.

Giving Thanks for Beans with Constance Brown-Riggs | Bean ...

Along with eating together I grew up learning valuable lessons about mindful eating at the kitchen table (instead of mindless eating on the go in a car or in

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