

products (and all adults over the age of 50) should take a B12 supplement of at least 5 micrograms per day to protect blood and nerve cells.

Additional Resources

For more information, visit these websites or PCRM.org/Shop.

- www.NutritionMD.org (Try the Meal Planner Tool.)
- www.PCRM.org/Diabetes
- www.ThePowerPlate.org
- www.21DayKickstart.org
- www.PCRM.org/FFL (Locate a Food for Life cooking class in your community.)
- *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs* by Neal D. Barnard, M.D.
- *A New Approach to Nutrition for Diabetes* (DVD)
- *Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings—and Seven Steps to End Them Naturally* by Neal D. Barnard, M.D.
- *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health* by Neal D. Barnard, M.D.
- *The McDougall Quick & Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less* by John A. McDougall, M.D., and Mary McDougall

Pasta with Lentil Marinara Sauce

Makes 5 servings

- 1 pound pasta of choice
- 1 jar (26 ounces) fat-free, low-sodium, tomato-based pasta sauce
- 1 can (15 ounces) lentils, rinsed and drained
- 1/2 cup dry red wine (can be nonalcoholic) or low-sodium vegetarian broth
- Salt to taste
- Freshly ground black pepper

Cook the pasta according to package directions.

Meanwhile, combine the pasta sauce, lentils, and wine or broth in a medium saucepan. Heat gently and season with the salt and pepper. Serve over the drained pasta.

Per serving: 470 calories, 19 g protein, 91 g carbohydrates, 9 g sugar, 2 g total fat, 3% calories from fat, 0 mg cholesterol, 8 g fiber, 173 mg sodium.

Cherry Tomato and Brown Rice Salad with Artichoke Hearts

Makes 6 servings

This delicious salad is a complete meal and is a great picnic or potluck dish. Because neither tomatoes nor rice benefit from refrigeration, it should be served at room temperature.

- 3 cups warm brown basmati rice
- 6 ounces marinated artichoke hearts, rinsed in hot water, drained, and sliced
- 1 cup chopped scallions
- 1 1/2 pounds red, yellow, or mixed cherry tomatoes, halved

- 1/2 cup chopped fresh basil
- 1/2 cup fat-free Italian dressing
- 3 tablespoons lemon juice
- 2 cloves garlic, crushed
- 1/4 teaspoon salt
- Freshly ground black pepper to taste
- 1 head crisp lettuce

Place the rice in a large salad bowl and add the artichoke hearts, scallions, tomatoes, and basil. Mix gently.

Combine the Italian dressing, lemon juice, garlic, salt, and pepper in a small bowl or jar. Whisk or shake until well blended. Pour over the salad and mix gently. Serve on beds of lettuce on individual plates.

Per serving: 153 calories, 4 g protein, 32 g carbohydrates, 3 g sugar, 1 g total fat, 6% calories from fat, 0 mg cholesterol, 4 g fiber, 376 mg sodium

Berry Mousse

Makes 4 servings

This is so easy that it's hardly a recipe! Your blender does most of the work. This can be eaten as a pudding or used as a topping for fruit.

- 1 package (12.3 ounces) reduced-fat, extra-firm silken tofu, crumbled
- 2 3/4 cups thawed frozen unsweetened berries of choice
- 3 tablespoons sugar or 2 tablespoons agave nectar
- 1 tablespoon berry liqueur (optional)

Blend the tofu, berries, sugar or agave nectar, and liqueur, if using, in a blender or food processor until smooth. Spoon into 4 pudding dishes and refrigerate until chilled.

Per serving: 123 calories, 7 g protein, 24 g carbohydrates, 17 g sugar, 1 g total fat, 5% calories from fat, 0 mg cholesterol, 3 g fiber, 89 mg sodium

Recipes from *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs* by Neal D. Barnard, M.D. Recipes by Bryanna Clark Grogan.

