



Flat Belly Diet! Diabetes: Lose Weight, Target Belly Fat, and Lower Blood Sugar with This Tested Plan from the Editors of Prevention

Liz Vaccariello, Gillian Arathuzik RD CDE, Steven V. Edelman MD

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The magic ingredient behind the *New York Times* best-selling *Flat Belly Diet!*—monounsaturated fatty acids (or MUFAs)—may not only target stubborn belly fat, but may also help treat the underlying cause of type 2 diabetes: insulin resistance. This 5-week program includes a sensible diabetes-friendly diet that teaches you how to incorporate pasta, chocolate, and other "forbidden foods"—along with a MUFA at every meal—into 160 sumptuous, satisfying dishes.

Flat Belly Diet! Diabetes also includes a gentle walking-based exercise plan, stress reduction fitness moves, advice on how to work with one's doctor and diabetes management team, and journaling exercises to help track blood sugar. In just 5 weeks, 11 men and women who tried the plan lost as much as 12 pounds, improved their A1c levels, and lowered their cholesterol and blood pressure levels.

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