

75th
anniversary

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SAVOR SUMMER

Deceptively decadent
fresh-fruit recipes
without gluten

**guide to
healthy fats:**
WHAT YOU
REALLY NEED

**PAIN-FREE,
NATURALLY**
Ease headaches,
arthritis, and more

travel kit essentials:
FAST HERBAL FIXES

75 MINUTES TO FIT
MULTI-TASKING
WORKOUTS

make it!
**CHERRIES
& BERRIES**
"TRAIL MIX" YOGURT
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warding off diabetes

By Vera Tweed

Although she doesn't have a weight problem and has spent more than a decade living a healthy lifestyle, Mary Toscano has prediabetes, a condition in which blood sugar is elevated, but not to the point of being classified as type 2 diabetes. Mary's condition is genetic, but that doesn't mean she can't do something about it. By controlling her blood sugar through a healthy diet and lifestyle, she can avoid developing full-blown diabetes.

The key for Mary has been understanding the effects that different types of food—such as sugar, in both obvious and hidden places—have on her body, and she uses this knowledge both to ward off the disease herself, and to educate others about how our bodies work and the importance of a diet based on truly healthy foods.

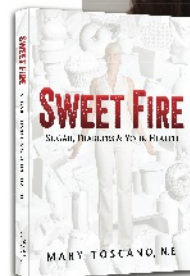
A SECOND CAREER

Now a certified nutrition educator, Mary started out as a computer and electrical engineer. For 20 years, she had a high-paced corporate engineering career where nutrition wasn't a high priority. "I viewed food as an annoyance," she says, "Something I had to deal with to have the energy to keep working."

That approach took its toll. "I suffered from mood swings, energy crashes, and felt achy and old," she recalls. In 2000, she left the engineering world to spend more time with her young daughter, and was determined to restore her health. "I approached it like a typical engineering problem," she says. Going back to school, she studied massage to learn how the body works, and then nutrition. Now, by giving lectures, and in her DVDs and book, she simplifies hard science and makes it easier for both adults and children to eat a healthy diet.

BASIC INGREDIENTS

"Step back into nature," Mary advises, "And eat whole foods." Her top ingredients to keep on hand and eat every day include avocados, different types of beans, dark leafy greens, flax seeds (grind them just before eating), olive and coconut oils, and balsamic or apple cider vinegar (all types of vinegar help prevent unhealthy spikes in blood sugar).



**MARY
TOSCANO:
NUTRITION
EDUCATOR**

The author of *Sweet Fire: Sugar, Diabetes &*

Your Health, Mary Toscano is on a mission to provide the tools and knowledge that support a healthy lifestyle to as many people as possible.

One of her tips: To see how many teaspoons of sugar are in a food, divide the sugars—listed in grams on food labels—by 4. For example, a glass of orange juice made from concentrate contains 28 grams. Divide 28 by 4 = 7 teaspoons of sugar in the classic "healthy" breakfast drink. For more information, visit marytoscano.com.