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From The American  
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Author Constance Brown Riggs  
**Eating Soulfully and Healthfully  
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Published On June 2006

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

## **About - Eating Soulfully**

Constance Brown-Riggs, MEd, RD, CDE, CDN-an award winning registered dietitian, certified diabetes educator,

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and national spokesperson for the American Dietetic Association--is the author of Eating Soulfully and Healthfully with Diabetes and creator of the Diabetes Soul Food Pyramid.

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— Constance Brown-Riggs, MEd, RD,  
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  
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### **Prayer and Fasting With Diabetes — Informed Clients of ...**

She is the author of Eating Soulfully and



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

### **Connie Brown-Riggs | Facebook**

Constance Brown-Riggs, MSEd, RD, CDE, CDN—an award-winning RD, certified diabetes educator, and past national spokesperson for the Academy of Nutrition and Dietetics, is the author of *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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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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Brown-Riggs, 56, who hired an outside publicist, has sold more than 600 copies of *Eating Soulfully and Healthfully With Diabetes*. But she says her visibility and credibility as a writer have been...

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Constance Brown-Riggs, MEd, RD, CDE, CDN—an award-winning RD, certified diabetes educator, and past national spokesperson for the Academy of Nutrition and Dietetics, is the author of *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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### **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 front of a screen). I was taught food skills, how to shop, prepare and cook homemade food that taste delicious.

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