

## Battling Diabetes with Healthy Cooking

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With millions of people worldwide battling diabetes, this disease is currently the fastest growing disease in the world. While it is widely known that people with diabetes may also suffer from other ailments such as heart disease and kidney failure, which leads to shorter lifespans, studies further confirm a correlation between diabetes and vision impairment.

An article published in the USA Today, *Diabetes Epidemic Brings Spike in Related Eye Disease*, reveals data from an analysis by a group of researchers sponsored by [Prevent Blindness America](#) and the [National Eye Institute](#). Data showed that there was an 89% increase from 2000 - 2010 in the number of people with a condition called diabetic retinopathy, in which high blood sugar causes small blood vessels to swell and leak into the retina. This causes blurred vision and can sometimes lead to blindness if not treated. A 2008 study, found that 4.2 million adults had the disease, which is largely due to the diabetes epidemic, and is the leading cause of blindness in adults.

By adopting a healthier lifestyle and eating healthy there is a lot you can do to help manage or prevent diabetes and therefore vision impairment due to diabetic retinopathy. Cookware reviews show The Saladmaster® healthy cooking system helps you on your quest for healthy eating, control your weight, help when cooking light recipes, and decrease your risk for diabetes by reducing the fat in your diet and eliminating cooking oils during the cooking process. Suggestions for the type of recipes one should be focused on are fish recipes, whole grain recipes, vegetarian Indian recipes, and salad recipes - healthy choices in general. Furthermore, the method of cooking maximizes nutrition and flavor by maintaining the essential natural nutrients found in foods throughout the cooking process when cooking light recipes. These natural vitamins and minerals strengthen the body's immune system, are a key element in healthy eating which, in turn, helps fight off disease.

For more information about Saladmaster and Healthy Solutions 316 Ti Cookware, please visit [www.saladmaster.com](http://www.saladmaster.com).

To view the USA Today article, please click [here](#). You can find cookware reviews on google easily by searching for "[Saladmaster recipes](#)".

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