

# Author advocates eschewing the

## ■ Barnard suggests meatless, dairy-free diet to battle diabetes

BY RACHEL MAURO  
SPECIAL TO THE GAZETTE

A local author and professor has an answer to the problems of diabetes, high cholesterol and obesity — cutting out all meat and dairy products and adopting a vegan diet.

Dr. Neal Barnard was on hand at American Film Institute's Silver Theatre Thursday to talk about his book

about fighting diabetes, and he was joined by Robyn Webb, a chef, cookbook author and food editor of Diabetes Forecast, who prepared three vegan meals to illustrate healthy eating.

Cameras projected Webb's image onto a large screen behind her as she prepared foods on a long table laden with fruits, vegetables and cooking materials. As Webb talked her way through making Asian tofu, Southwestern barley and corn salad, and Moroccan chickpea salad, the event seemed like a television cooking

show.

"Vegan food isn't just brown and white," Webb said as she cooked, adding that she has traveled all over the world in search of "colorful" healthy recipes. "Make your food appealing."

Before the cooking demo, Barnard, an adjunct professor of medicine at George Washington University, spoke to a group of about 150 about eating properly while promoting his book, "Dr. Neal Barnard's Book on Reversing Diabetes: The Scientifically Proven System for Revers-