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## Sample Tasty Pulse Treats at the *Live Smart Diabetes Expos*

FOR IMMEDIATE RELEASE – Monday, April 28, 2008

Come and visit the Saskatchewan Pulse Growers (SPG) booth at the **Live Smart Diabetes Expo**, hosted by the Canadian Diabetes Association in Saskatoon at Prairieland Park on May 3 and in Regina at the Delta Regina on June 1<sup>st</sup>.

The **Live Smart Diabetes Expo** is a one-day consumer tradeshow and educational program that will bring together products, resources, speakers and experts to talk about how to help prevent and manage diabetes, while improving your overall health.

The Saskatchewan Pulse Growers team will be there with **free** tasty pulse treats and we will be selling pulse cookbooks for the very low price of \$5 (includes tax). The cookbooks make a great Mother's Day or Father's Day gift.

Pulses are a good fit for people who like to maintain a healthy diet. Pulse crops grown in Saskatchewan include bean, chickpea, faba bean, lentil and pea. These crops are low in calories, fat and sodium and they are cholesterol free. Pulses are excellent for gluten-free, diabetic and vegetarian diets. They provide an excellent source of complex carbohydrates, fibre and protein. Cooking with pulses is fast and easy! The SPG crew will have tons of ideas on how you can incorporate pulses into your family meals.

Participants can pre-register for the Expos on the Canadian Diabetes Association website (see below). Registrations will also be taken at the door. Registration fees are as follows: \$13 online and \$15 over the phone and at the door.

### **Expo Hours:**

Saskatoon - Saturday, May 3 – 8:30am – 3:30pm

Regina – Sunday, June 1 – 8:30am – 4:30pm

More information about the **Live Smart Diabetes Expos** is available online at [diabetes.ca](http://diabetes.ca) or by phone at 1-800-BANTING (226-8464). For information about the Saskatchewan Pulse Growers or to find some great recipes with pulses, please visit our website at [www.saskpulse.com](http://www.saskpulse.com).

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