



Dear Ms. Deen,

Greetings from PETA. You have many fans here who were saddened to hear of your diabetes diagnosis.

While the impact of diabetes is staggering, the great news is that it can largely be prevented or controlled by lifestyle changes—namely, by adopting a healthy plant-based diet and exercising. Over the years, we have had a very productive dialogue with personalities such as Ellen DeGeneres, Oprah Winfrey, [Bill Clinton](#), and, most recently, the [Rev. Al Sharpton](#) about revising their diets to be more healthful, and we'd be honored to share the same information with you.

The National Institutes of Health and the Centers for Disease Control and Prevention agree that one of the most effective ways to prevent or treat diabetes is to consume more vegetables, beans, and whole grains while eating less animal flesh. Numerous studies have found that adopting a vegan diet improves a diabetic's health and even reduces the risk of developing the disease in the first place.

The high levels of saturated fat, cholesterol, and heme iron in animal products put people at risk of developing diabetes or of worsening the disease if they already have it. A nutritious vegan diet built around beans, nuts, whole grains, fruit, and vegetables will give you all the healthy plant protein and iron that you need while cutting cholesterol and saturated animal fats out of your diet.

A groundbreaking study published in the journal [Diabetes Care](#) found that **43 percent of people with type 2 diabetes who adhered to a low-fat vegan diet for 22 weeks reduced their need to take medications to manage the disease**, compared to only 26 percent of those who followed the diet recommended by the American Diabetes Association. One of the study's researchers stated, "The [low-fat vegan] diet appears remarkably effective, and all the side effects are good ones—especially weight loss and lower cholesterol."

En route to you is PETA's famous [vegetarian/vegan starter kit](#), which is chockfull of healthy, delicious product information and recipes as well as testimonials from other notable vegetarians; a copy of Sir Paul McCartney's *Glass Walls* DVD; and several cookbooks that have helped millions of other diabetics around the globe successfully combat the disease.

We wish you many years of health and happiness.

With kind regards,

Michelle Cho
PETA

PEOPLE FOR
THE ETHICAL
TREATMENT
OF ANIMALS

Washington, D.C.

1536 16th St. N.W.
Washington, DC 20036
202-483-PETA

Los Angeles

2154 W. Sunset Blvd.
Los Angeles, CA 90026
323-644-PETA

Norfolk

501 Front St.
Norfolk, VA 23510
757-622-PETA

Oakland

554 Grand Ave.
Oakland, CA 94610
510-763-PETA

Info@peta.org
PETA.org

Affiliates:

- PETA Foundation (U.K.)
- PETA Asia-Pacific
- PETA India
- PETA Germany
- PETA Netherlands