

## Celebrity Chef Serves Up Tips For Eating And Living Well With Diabetes

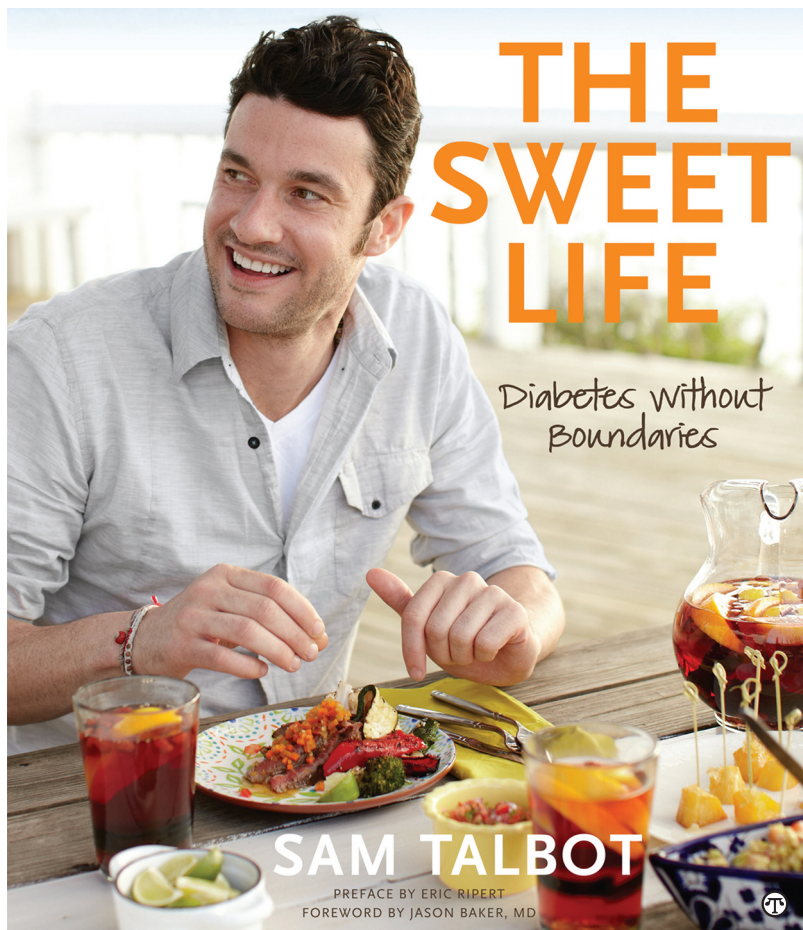
(NAPSA)—There are nearly 26 million Americans with diabetes and for many, eating delicious foods while keeping their diabetes in control can be a challenge. But celebrity chef Sam Talbot, a “Fan Favorite” on Season 2 of “Top Chef” who has been living with type 1 diabetes since he was 12, says that people can—and should—be able to enjoy their favorite foods, as long as they understand how to manage their diabetes.

In his new cookbook, “The Sweet Life: Diabetes Without Boundaries,” (Rodale, October 25, 2011) Talbot, executive chef at two of New York’s hottest restaurants, dishes up healthy recipes, lifestyle tips and diabetes management strategies.

The book includes 75 innovative recipes for fresh, all-natural dishes that everyone—whether they have diabetes or not—can prepare and enjoy, along with stories and tips from his own life that prove that it’s possible to live life to the fullest—even with diabetes.

Talbot learned about the impact of food and other factors on his diabetes at an early age. “As far as I’m concerned, nothing is completely off limits for people with diabetes,” says Talbot. “The important thing is to understand how what I eat, as well as other factors, impact my blood glucose. I’m in the kitchen tasting food all day, so I test a lot, and need to trust the results. That’s why I use the OneTouch® UltraMini® Meter. It’s small, fast and easy to use, so I can test anywhere, get the result I need and keep going.”

Talbot also believes that having the right attitude about living with diabetes is important. “People shouldn’t think of diabetes as a barrier that prevents them from doing all the things they want to do,” says Talbot. “Instead of letting diabetes be the focus of your life, you can take steps to control



**In his new book, Sam Talbot says that an important part of managing diabetes is healthy eating and regularly testing blood sugar.**

it so that you can live your life on your terms.”

In the book, Talbot serves up some tips that have worked for him:

- **Experiment.** Because food impacts everyone differently, it may take some experimentation to understand what’s best for you and to understand how different foods will impact your blood sugar levels.

- **Stock up.** Talbot stocks up on foods that are low on the glycemic index, such as strawberries, apples, agave, almond milk, nuts and seeds. He also has a des-

ignated spot for his diabetes testing supplies—blood glucose meter, test strips, medication, etc. He keeps an inventory system, so he never runs out of supplies.

- **Plan ahead for trips.** When traveling, Talbot takes along a “Ninja Snack Pack,” which includes healthy homemade “on-the-go” snacks, such as his Coconut Acai Granola Crumble or Roasted Seed Trail Mix.

For more information about Sam Talbot, the OneTouch UltraMini Blood Sugar Meter he uses and his new cookbook, visit [www.facebook.com/OneTouch](http://www.facebook.com/OneTouch).